

Council dumps planning official

By ROBIN UPDIKE

EL CERRITO — After what some officials say has been months of confusion between planning commissioner Anne Macpherson and her fellow commissioners, the city council voted unanimously Monday to dismiss Macpherson from the commission.

missioners during meetings. All three said her dismissal had nothing to do with any differences in philosophies between Macpherson and other city officials and added that on planning issues she often cast the same vote as other commissioners.

In telephone interviews with the Times Journal, Macpherson said she does not understand why she was removed from the commission.

"A lot of the things that Mrs. Collins said (during their private meeting) had to do with decisions that the commission made together," Macpherson said. "Her criticism just didn't quite hang together."

Macpherson added that she believes that her dismissal may be the first move in a larger shake-up by the mayor and city council.

"I think there are more changes going on on other commissions and boards," Macpherson said. "If there is something going on, an effort to get things through (the city government) without proper deliberation, then people ought to be aware of it."

Lewis said that during the past months other commissioners have talked to him privately saying that they would resign if Macpherson was not removed from the commission.

"The complaints I've received from other commissioners is just that her performance during the meetings is rather disruptive," Lewis said. "She is a very competent person but has very strong opinions. Some other commissioners feel intimidated by that; they don't feel comfortable expressing their ideas because they are afraid she would tend to jump on them."

Lewis added that Macpherson sometimes disregarded the standard meeting format and spoke out of turn during meetings, making the sessions "hard to handle."

Several months ago, Lewis said, he spoke to Macpherson about her conduct and told her to be less abrasive at meetings.

"I don't really have a problem with that kind of personality myself," (Turn to Page 4, Col. 5)



Child abuse: how to help

By ROBERTA ALEXANDER

A child is considered to be "at risk" if he or she is physically or sexually abused, neglected, subjected to cruel or bizarre punishment or medical neglect, or is suicidal or exploited.

When a child is "at risk," the county can intervene, according to

children that may be abused," agreed Sheila Murphy, president-elect of the chapter, who introduced the speaker.

Coleman said that her agency provides a variety of services, including crisis intervention, case assessment, emergency out-of-home care and resource referral.

California Penal Code Section 11161.5 requires that teachers, administrators and nurses report suspected child abuse "by telephone and in writing, within 36 hours, to both the local police authority having jurisdiction and to the juvenile probation department..."

Marion Coleman, a social worker with the Alameda County Emergency Response Unit.

"We respond in person within two hours" of getting a call, Coleman said.

Coleman spoke recently to teachers of handicapped children at a meeting of the East Bay chapter of the Council for Exceptional Children.

The program was arranged, according to organization president Patricia Hoggatt, because handicapped children have special needs and so often create a strain in the home.

"Unfortunately, we've all seen

"Ultimately it is the police officer who determines if the child is being abused, because they are the ones to start legal action," she said.

Coleman cited as examples of neglect two cases she had investigated the week before: one involving a six-year-old who had never been enrolled in school and the other involving a dirty home, with no food in it and the parent having no plans to get any.

A woman in the audience confessed to being concerned about the treatment of an autistic child in her class, whose mother was refusing to answer the phone.

"Call us," Coleman urged. "You can report it anonymously. If the situation sounds risky, we'll check it out."

Another member of the audience backed up Coleman's statement: "Remember, you're not punishing the parent when you call, you're putting them in touch with an agency that might help them."

Coleman said she recently investigated a case in which the child had bruises on his face, arm and leg, as well as old burn marks.

"The minor said that his mother had heated a knife and burned him — and remember this was in a nice home," she said.

"The police are pretty strict and think the child has to be severely abused, but the police officer who was with me was new to abuse assessment and let me talk him into taking this child into protective custody," she said.

Coleman prefers to visit a family as soon as abuse is suspected: "My clout with parents is lessened when the bruises are healed."

Since teachers, like other school personnel, are obligated by law to report suspected child abuse, the members of the chapter are always concerned about how to recognize the problem when they see it.

Sheila Silcox, a public health nurse with the Alameda County Office of Education, showed a slide show made for teachers, called "We can help."

The strip pointed out "indicators" which are "clues that may mean trouble."

Physical indicators include bruises, particularly on the face or identical on both sides of the body or when the child's report is inconsis-

Bike path plan to curb vandals

By BARBARA ERICKSON

ALBANY — Residents along the Santa Fe right-of-way have come up with a plan for the route that would allow bicycle and jogging paths and at the same time discourage vandals.

Though most members of the Santa Fe Right of Way Ad Hoc Committee opposed the city's plan for a bicycle path when they spoke

at a public hearing last August, they came up with a compromise to increase security against rock-throwing vandals and thieves who have plagued their homes along the BART tracks and right-of-way. The plan would allow the city to create a \$55,000 bicycle path with funds from the Metropolitan Transportation Commission.

The main proposals to reduce the threat of vandalism include raising the allowable fence height limits, planting bushes and trees and prohibiting motor-powered vehicles.

The report recommends rough grading for a jogging path until funds to surface the path can be found. The jogging and bicycle paths would parallel the present BART linear park and be an extension of it.

The council voted unanimously Monday night to use the committee report as the basis for an engineering study of the right-of-way and to endorse the concept of using MTC funds for the bicycle path. City department heads will comment on the engineering plan; the planning commission will consider the committee's suggestion to allow residents along the strip to build eight-foot back yard fences. The present height limit is six feet.

The city voted to accept the Santa Fe right of way more than a year ago after the railway company decided to abandon the corridor and cities along the track met to discuss a plan for the strip of land passing through their boundaries. Richmond, Berkeley, Albany and El Cerrito agreed to create a bicycle path with the land.

During a series of meetings the ad hoc committee agreed on limiting the bicycle path to "two or three wheeled vehicles with no power as-

(Turn to Page 4, Col. 1)

To grade or not to grade

Schools eye new report cards

By ROBERTA ALEXANDER

ALBANY — The school district will be able to hire a full-time speech and language specialist to work with its handicapped pre-schoolers, the board of education learned last week.

Craig Boyan, director of special services, said that the district will receive \$22,713 in federal funds for this purpose.

In other business, the board considered once again how many organizational layers its special education consortium will require.

The district agreed a year ago to consolidate its special education programs with other districts, and districts in Alameda County except Oakland will become part of

this program.

Just how to implement this consortium has been a matter of some debate since. In its last go-round on the subject, the Albany board voted down a proposal to add a board advisory committee to the consortium structure.

Board member Jerry Brunetti proposed last week that the board's policy in regard to special education be carried out by the superintendent and the superintendents' council — in other words, that no advisory committee be added to the formal structure. He also suggested an informal forum of school board members to exchange information as the need arose.

The motion passed unanimously.

What happens next, according to Boyan, is that the matter goes back to the county, and a final resolution on the consortium's structure will be sent to the board for a vote next spring.

The theme of grading, testing and evaluating echoed throughout the meeting, surfacing first in a discussion of report cards.

Assistant superintendent Richard Rosenquist presented the board with the district's new "pupil progress report" forms, which for the first time would require letter grades (A,B,C,D,F) for fourth and fifth graders. The lower grades will continue to be graded with "Outstanding," "Satisfactory" and "Needs Improvement."

Rosenquist also pointed out the addition of such "old-fashioned terms" as grading categories: "respect for authority" and "cooperation, courtesy and consideration."

He said the new forms make it possible to give more specific information to parents about the child's progress. Cornell School principal Jill Rosenquist told the board that the staff sometimes had difficulty with students new to the district who were having trouble with some skills, but whose report cards did not reflect this.

(Turn to Page 4, Col. 1)

PTA sponsors speech on adolescent behavior

ALBANY — Dr. Fred Streit, well-known in the field of adolescent behavior research, will speak to the Albany High School PTA on that subject on Saturday, Nov. 8, at the Albany High School Little Theater 7:30 p.m.

The PTA program notes say: "Dr. Streit is primarily concerned with promoting good mental health, preventing drug and alcohol abuse and crime problems among young people, enhancing the lives of non-problem youth so that they may develop into the kinds of adults they want to be."

The PTA said the talk will include a discussion of the following questions:

- What are the major stress factors facing young people today? Are there steps parents can take to alleviate stress?
- How do parents know when they are overreacting? What constitutes overreaction?
- How can parents show constructive rather than destructive

disapproval of actions?

- What makes a family?
- How does the role of a parent change when a child reaches adolescence?

• A factor in teens' behavior is how they perceive the love they receive from parents. How can parents determine how they are doing in their children's eyes?

Dr. Streit will answer questions from the audience.

A PTA spokesperson said that the organization is excited about Dr. Streit's talk and urges all parents to attend and bring any interested friends.

Inside . . .

Backstage with a theater veteran..... Page 3

How do others really see you?..... Page 7

Older & growing: changing family roles..... Page 10

Amassadors to the elderly, handicapped..... Page 11

A day in the life of the Green Grocer..... Page 12

PTA holds recycling

KENSINGTON — During November and December, the Kensington PTA is having a recycling drive to help the student council raise money to buy books and equipment. Anyone who wishes to donate should save bound dry newspapers and aluminum cans (which need not be flattened).

These items may be left every Friday morning, starting November 7, in front of the Kensington School auditorium, between 8 and 8:30 a.m.



Animals cheer the elderly. Page 11

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Around city hall

Parks & recreation

By RUTH GANONG
Council Member

ALBANY — Our park and recreation department is responsible for park maintenance and the city's recreation program. Each council member has been appointed to be a commissioner and advocate for a department, and I have been assigned the park and recreation department. Two weeks ago Councilmember William Johns wrote about the police department. The subject of my article will be the state of our parks and recreational programs as I perceive them in the fall of 1980.

The city owns about 14.3 acres of parks, which is considered by national standards to be adequate for a community with our population. In addition to the acres we own, we lease four more and the recreation center in Albany Village for \$750 a year. The city owns the senior center building and a pre-school nursery adjacent to it. Unfortunately, the park acreage on Albany Hill remains undeveloped and largely unused by the public.

The impact of Proposition 13 has been greater on the park and recreation department than on any of the other city services. Maintenance of the parks has been drastically cut, staff reduced, and many recreational programs eliminated, or put on a self-supporting basis. We have had to drop our after-school program that was funded jointly by the city and school district. This is particularly unfortunate when one considers that a majority of our children come from homes where both parents work, or from homes with only one parent. It is indeed too bad that we have had to eliminate this program at a time when there is even a greater need for it. In the past Albany youngsters have enjoyed playing on the playgrounds after school, under the supervision of a playground director — usually a college student majoring in recreation.

The maintenance of our parks is done by four gardeners and a working supervisor. These men have all worked diligently for the city for many years. Before Proposition 13 we had six gardeners and one less park to maintain. (Middle School Park has been added). These men not only take care of our four developed parks: Memorial, Terrace, Middle School, the Community Center, University Park and the BART strip, but they also must maintain the grounds around city hall, the library and the senior center. They also must tend to the landscaping on Marin and Solano Avenues, the strips of land on Key Route Boulevard, and Buchanan, and several walkways. There are also numerous triangles and islands about the city such as the one at Posen and Peralta. The work includes the time-consuming mowing, trimming, watering, and the maintenance of equipment, sprinklers, sewers, and even minor building repairs. Vandalism also accounts for a great amount of work. Extra work is required on special holiday events. If the parks sometimes look a bit scruffy, it is because these five men are spread very thin.

Our "beautification program" is mainly concerned with replacing the camphor trees that are making our sidewalks buckle and crack. There are more than 250 trees that should have been removed years ago, but because of the reduced staff, the department has been unable to do so. There are many repairs needed on our sidewalks, and the city can only take care of the most urgent situations each year because of budgetary

limitations. This year the council finally earmarked a modest amount of money (\$5,000) for repairing some of the worst conditions. This work will be contracted out.

The recreation program includes such diverse activities as gymnastics, jazzercise, calligraphy, pottery, dog training, baton, A.R.D. Club, tennis, etc. The department has arranged a fee schedule to cover not only the cost of instruction, but the cost of supervising and publicizing the programs, as well as the expenses of utilities and space. For example, this means that the children in the A.R.D. Club pay \$45 a month to cover the total costs of the program. I do not know how many children are excluded because their parents are unable to pay the fee.

The department is unable to provide funds for programs for special holidays as they have in the past. We could not provide a program at Memorial Park on the Fourth of July. However, we did with a last minute appropriation hire a custodian to help keep the restrooms open, and assist with the cleanup.

At a time when we should be staying near to our homes because of the energy crisis, it is more important than ever that we make every effort to maintain our recreational services and parks. However, the past decreases in the park and recreation budget have not only resulted from Proposition 13. Our unfunded pension plan voted many years ago for retired fire and policemen places a recurring and increasing annual demand on the city budget. While there is a moral and legal responsibility to continually finance this pension, it represents an outlay this year of \$227,325. It has been suggested that a tax levy be voted to fund this obligation thereby allowing these pension outlays to be used for sorely needed current city services including park and recreation. Such a proposal gains validity in light of almost certain reductions in federal revenue sharing and state "bail-out" allocation to the city.

Another reason for reduced park and recreation services is the continuing requests from other departments for added personnel. Given a limited or reduced financial pie, it is obvious that if one department is allocated a larger slice, then other departments — especially park and recreation — will receive a smaller share. Aware of all these financial restrictions and problems, the city council has wisely taken the position during the past two years of neither adding nor "laying off" any personnel in any department.

Our parks are in barely adequate shape now. Our recreation programs are limited to those who pay fees. The council is aware of many complaints regarding parks, trees, and sidewalks. There is a growing vandalism problem in our parks and at our schools. Further reduction in park and recreation services would definitely be counter productive. With open space rapidly decreasing and energy costs increasing, the need for recreation close to home becomes ever more important.

Finally, I really wish that the council could find some way to provide more for the youth of our city in constructive recreation programs that so long have been an Albany tradition.



The march of golf

Helen Baum of Albany (center) was one of the co-chairs for the 11th Annual March of Dimes Pro-Am Golf Tournament. She was also a member of the winning fivesome, which shot a 31 under par 113. Also shown are co-chairs Miriam Grims of El Cerrito (left) and Helen Marcos of Albany. Her honorary chair was Dick Pryde. The tournament raised \$2,900 for the charity.

—Photo by Luoma Photography

Local pianist to study music in Banff

EL CERRITO — Vera Breheda of El Cerrito has been accepted as a participant in the winter music program at the Banff Centre School of Fine Arts in Alberta. The pianist graduated from the University of Washington.

Basketball league set

ALBANY — Albany Park and Recreation Department Liniment League Basketball will start on Thursday, Nov. 6, at the Albany High School Gymnasium at 8 p.m. The league will consist of four teams that will participate in a double round robin with three practice games.

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Lung group urges care

"Lungs for Life Week" will be celebrated locally Nov. 9-15, announced Herbert Schub, M.D., president of the American Lung Association of Alameda County.

During Lungs for Life Week, the Lung Association will distribute free signs which designate smoking and no smoking sections. Schub said that the message of Lungs for Life Week

is that lungs are irreplaceable. "We hope the week will prompt people to reconsider what they can do to protect their own respiratory health and the health of others, whether it be quitting smoking or working for air pollution control," he said.

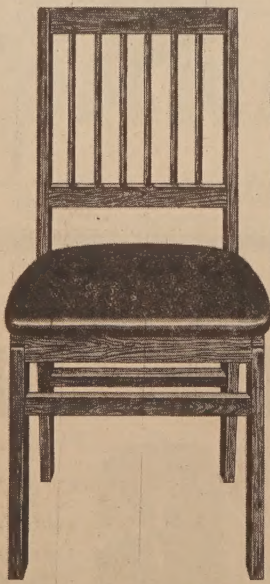
More information is available at the American Lung Association at 893-5474.



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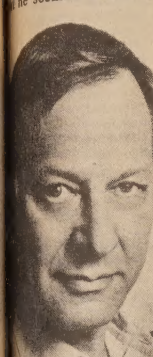
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A backstage visit with actor & producer Ben Kapen

By
HERBERT ALEXANDER
ALBANY—Ben Kapen is
together a "star ve-
for Broadway pro-
next year.



Ben Kapen

his "Big Star," who is
television series, would
available in the spring.
Kapen himself is com-
to traveling with
Life until mid-
When the San Fran-
run ends, he goes to
Chicago, Toronto, Balti-
more and Boston.
Kepen's Life stars Lucie
and Laurence Luck-
will, who switch off doing
roles of the doctor and
paralyzed patient.
I've never been in a play
where the leading
was switched around
two actors, and here it's
man and a woman,"
Kepen said.
Kapun and Luckinbill
the cast this week and
replaced for the rest of
season by a mostly British
cast.
We had been doing the
American version of the
," he said. "I had to
in Los Angeles
my British accent" to
in the company.
Kapun has appeared in a
number of Broadway pro-
ductions and many dramatic
musical productions
dinner theaters and

stock companies across the
country. He's also done
many commercials, made
films for the U.S. Army and
acted in several soap
operas.

Kapen plays a small part
in Whose Life and under-
studies the roles of Dr.
Emerson and Judge
Wyller.

"My value to the compa-
ny is that I play these 'older
men,'" said Kapen, who
appears to be somewhere
over 40.

He doesn't like to discuss
his age, not because the
number bothers him, but
because he thinks it encour-
ages stereotyped thinking.

"They type you out be-
fore the audition," he said,
referring to the practice of
eliminating candidates
from consideration of a role
because they don't look like
the producer's precon-
ceived image.

"It's what you look like
and what you sound like.
Talent is definitely number
two," he said.

"The American penchant
for typecasting is just ridic-
ulous," he went on, saying
that he had appeared last
fall in The November Peo-
ple on Broadway, playing
an Irish-Catholic Willy
Loman."

"It was a wonderful
part," he said, but one he
wouldn't have gotten if the
producer thought he looked
too Jewish.

"Some of the ethnic over-
accuracy is all wrong," he
said.

Blue-eyed, blondish and
middle-sized, Kapen often
plays middle-aged profes-
sional men.

"Even my agent didn't
want to set me up for an
audition as Nathan Detroit
in Guys and Dolls," he re-
called. "At that point I was
only one day away from
becoming a New York City
cabdriver—I had my li-
cense and medallion and
everything—and I had to
really insist."

"My agent thought I was
the lawyer-type," Kapen
said. "But I went to the au-
dition dressed in the right
clothes and (his voice gets
gruff) I tawked more
nasal."

He got the part.
"See," he said with an
abrupt gesture, "even an
agent you have to tell
you're an actor."

Kapen is well-known to
Bay Area theater-goers
who remember his years
running Melodyland, Ber-
keley's prestigious summer
theater.

His Albany hostess and
a long-time friend, Times
Journal food columnist
Olga Bier, said that when
she went to the post office to

pick up a package for
Kapun, the postal worker
told her, "You tell Ben
Kapun that my wife and I
never missed one of his
shows."

"And those shows were
produced during the mid-
sixties," Bier added in
some amazement.

"We had big stars and big
plays in those days," Kapen
said. "It took a whole year
to plan the summer theater.
If you didn't spend all that
time planning, you got in
trouble."

Kapen has kept himself
employed in theater—ei-
ther as an actor or a pro-
ducer—since he stopped
teaching speech at Queens
College more than 20 years
ago.

"I'd always wanted to be
an actor, since I was 12 or
13," he said. "I also wanted
to be a pilot."

He studied engineering
before going into the mili-
tary, where he became a
test pilot and was given the
opportunity to continue fly-
ing professionally.

Instead, he chose to pur-
sue acting, and he earned
undergraduate and gradu-
ate degrees in theater. That
led to his teaching career,
which he pursued simultane-
ously with stock company
acting.

"I was doing both because I
had a lot of security fears
back then," he said.

Earning a living in the
theater has meant that
some years have been very
lean.

"For years I lived in a
tenement in New York
where the rent was \$49 a
month. I kept my overhead
low," he said.

In recent years he's
added a third string to his
bow by becoming a writer.
He wrote a play (Cream of
the Crop) and then a
novel—The Instructor—
based on the play.

"It's about the first black
pilots in the armed forces,"
Kapun said. "A lot of it is
autobiographical and I did
a lot of research, too."

He knows that his 500-
page draft is too long—
"and too self-indulgent"—
and he's ready to cut and
rewrite.

"I haven't touched it for
two and a half or three
years," Kaplan explained.

He's taking it with him
while he travels with Whose
Life and plans to do his re-
visions on the road.

Kapen described himself
as a writer who really gets
involved with his material:
"some of those sex scenes
were so graphic that I
had to get up and walk
around for a while."

He said the sex scenes
started out as gratuitous



Actor and producer Ben Kapen reads scripts between rehearsals.

—Times Journal photo by Trent Saviers

ented. She's up for a series
now."

His 19-year-old son is
handicapped and lives at a
school in Pennsylvania.

"I fly him out to be with
me," Kapen said, explain-
ing that they had spent the
young man's summer
break in Los Angeles.

"I take him to the theater
with me. He loves the the-
ater," he said.

He's never given up his
love of flying, and many of

his backstage waiting-for-
a-call hours are spent read-
ing flying magazines.

He'd like his own small
plane—"something sim-
ple"—and some land and a
house outside New York
City. Then he could stay in
the country and write as
well as fly into the city to
perform.

"I'm just a guy who acts
for a living," he says with a
smile. "And produces. And
writes."

Classes for Hispanics set

A series of annual work-
shops on problems of the
Latino family—La Mujer
De Hoy Y La Salud
(Today's Woman and
Health)—will be held on
November 7 and 14, from
8:30 a.m. until 3:30 p.m.
both days, at the Student
Union Building, Mills Col-
lege, Oakland.

The workshops are free
and open to the public. Col-
lege credits and continuing
education credit are avail-
able. The series is spon-
sored by Vista College,
Berkeley, and its Commu-
nity Education Center in
East Oakland, also the
American Cancer Society
of Alameda County, and
various East Bay human
services agencies.

This year's workshops
will focus on problems of
Latino youth, particularly
the communication gap be-
tween youth and adults,
problems of identity, and
the effect of media images
on young people.

The keynote speaker will
be Carmen Martinez of
Centro de Cambio, a drug
rehabilitation program in
San Francisco's Mission

District. Ms. Martinez has
worked extensively with
young people. Workshop
sessions will feature small
group discussions and the
"Razaloria" group learn-
ing process that will be in-
troduced by its originator,
Francisco Hernandez, who
is a consultant on multi-
cultural systems.

The workshops were
started in 1975 to provide
information on health and
human services resources
for the Spanish-speaking
community as well as to
assist personnel from those
fields to work more effec-
tively with the Hispanic
community through devel-
oping better understanding
and learning problem solv-
ing techniques. La Mujer's
focus on such topics as
health problems, mental
health, violations of rights,
battered women, child
abuse and modern and tra-
ditional health methods
earned for the series a sta-
tewide award from the
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REPORT CARDS

(Continued from Page 1)

"We feel a tremendous responsibility to parents or to the receiving school to give good information," she said.

Middle school principal Robert Shogren agreed. "If we report skills problems and this wasn't on the old report card, this puts us in a very awkward position with parents."

Board member Bonnie Cediell said that she was "impressed" with the new cards, but Brunetti found the whole structure built on rickety foundations.

"I'm a little worried about the emphasis on grading and categorizing. I know it's important to keep track of progress and have good communication with the home, but grading does a lot of damage."

"I don't like grading for fourth and fifth graders. I don't like putting people into boxes," he said. "The district is becoming a place where the kids are being judged every step of the way."

Fifth-grade teacher Lois Breault told Brunetti that she thought she agreed with him in principle, but felt it was unrealistic.

"Parents and children don't understand that (a grade of) 'Satisfactory' is the same as a 'C' in sixth grade," she said.

"The new form is clearer, but I

don't think we should give a low grade to a child who is working really hard but below grade level," Breault continued.

"They know if they're butterflies or bees. We used to call them dingy names, but they knew where they were," she said.

Board president Peggy Thomsen said she shared Brunetti's concern. "I don't want to use test scores as an end-all."

The board's concern prompted a change of heart in the administration and it decided the next day not to use the new report cards for fourth and fifth graders.

Superintendent Steve Goldstone said that a committee of parents, teachers and administrators would be convened to consider the issue of report cards.

Some similar concerns were expressed in a discussion of the district testing program.

Boyan explained the changes in the program, the major one being that the achievement tests will, beginning next year, be done in the fall. Until now, some testing was done in the fall and some in the spring.

"With fall testing, there'll be some loss from the summer," Boyan said. "But we felt it was a trade-off, that it was better for the

teachers to have the results in the fall so they would work with the children for the rest of the year."

At present, achievement tests with national norms are only administered through the eighth grade; this will be revised to include the high school as well.

Boyan said some of the schedule changes are to conform to laws requiring the district to report test results to the state.

Late in the evening Goldstone

presented the board with an eight-page draft of an administrative evaluation form.

Administrative employees will be graded yearly in two categories—job descriptions and annual objectives. Each item will be ranked "Effective," "Needs Improvement" and "Not Effective."

The ensuing discussion prompted a number of jokes by board members about "C" grades.

The board approved the high

school course of study but appeared unsatisfied with the means of evaluating and changing the curriculum.

Board member Jean Tenret asked the superintendent to develop a means of evaluating and reassessing the curriculum.

Cediell was concerned about making piecemeal changes. "We should stand way back and ask serious questions about the validity of the

American high school, to develop a course of study sustained during the year."

Brunetti urged the district to incorporate more parents and to look beyond the school for educational opportunities in the community.

Rosenquist reported that on the revised structure of the district's second language program. From now on the district will fund the base program with selected personnel, and will fund programs at each School site councils may supplement the base program.

The board also discussed a lengthy report on what the nurses do, and also heard show on the outdoor education program at the middle school.

Five tutors were hired at High School, each to work a day: Debora Tamara Tang, Sandra Brown, Zanksky and Anne Ginn.

Tutor coordinator Marlon and instructional aide Ahlstrom have resigned.

The board also approved upcoming overnight trips.

ALBANY UNIFIED SCHOOL DISTRICT

NEW

PUPIL PROGRESS REPORT

PUPIL _____ SCHOOL _____ GRADES 4,5

TEACHER _____ GRADE _____ 19 _____ SCHOOL YEAR _____

KEY

O = OUTSTANDING
G = GOOD
N = NEEDS TO IMPROVE
U = UNSATISFACTORY

KEY TO ACHIEVEMENT

A = EXCELLENT ACHIEVEMENT
B = GOOD OR ABOVE AVERAGE ACHIEVEMENT
C = AVERAGE ACHIEVEMENT
D = POOR OR BARELY PASSING ACHIEVEMENT
F = UNSATISFACTORY EFFORT AND ACHIEVEMENT

GRADE LEVEL	READING			LANGUAGE			SPELLING			MATH		
	1	2	3	1	2	3	1	2	3	1	2	3
WORKING ABOVE GRADE LEVEL												
WORKING AT GRADE LEVEL												
WORKING BELOW GRADE LEVEL												

DATE: _____

TEACHER: _____

PARENT: _____

The district decided not to use its new report cards, which called for letter grades in the 4th and 5th grades.

ALBANY

(Continued from Page 1)

sistance of any kind" and constructing it at least 20 feet from the property lines. Within that 20 feet homeowners could plant trees at their own expense and the city would plant barberry bushes, spiny plants which discourage prowlers.

They also suggested raising the fence limit to eight feet for homeowners along the right-of-way and installing an eight-foot fence along the bridge over Codornices Creek at the Berkeley border. The fence at the bridge would discourage loiterers who like to sit and hang over the wooden railing, committee chairman Gordon Ridder-vold said.

Earlier the council lingered over the issue of a use permit granted to a church group to occupy the former

Red Barn on San Pablo Avenue. The church since changed its plans, but Harold Denham, manager of the Albany Chamber of Commerce, asked the council to cancel the permit because it would set a precedent for other church groups to use sites on the avenue.

The chamber accused the planning commission of violating the city's general plan in granting the use permit, but City Attorney Robert Zweben said the plan was not clear on the issue of religious groups in commercial zones.

On a 4-1 vote with George dissenting, the council voted to ask the planning commission to consider whether churches should be allowed on San Pablo Avenue.

In other actions Monday the council:

- Agreed to pay \$1,000 a year in liability insurance to run the senior van. The van has been replaced by a taxi script system, but a committee is trying to raise funds to keep it going. In the meantime it is being used for emergencies.

- Set public hearings on Nov. 24 and Dec. 8 to discuss a proposed sewer service charge for the city to replace the present system of free service. The proposed charge would average about \$1 a month for single family homes, and the funds would offset the increasing cost of sewer maintenance.

City seeks biting dog

ALBANY — John Sawyers, the City of Albany's animal control officer, is trying to locate the owner of a local dog that bit someone.

Sawyers is trying to find out if the dog may have rabies.

He said that on Saturday, Oct. 26, at about 5:30 p.m., two white males about 15 years of age, who were playing basketball at Marin School, had a dog with them—a black and tan German Shepherd type.

The dog walked over to another male who was shooting baskets and bit him, Sawyers said.

"We would appreciate it very much if the owner of this dog would contact us to ease our minds about the health of the dog."

Sawyers may be contacted at 525-7300.

Purse thief arrested

ALBANY — Police arrested Kelvin Gardner, 19, of Oakland, on Thursday, Oct. 24, for grabbing a purse carried by a 92-year-old Albany woman who was walking on Dartmouth Street between Stannage and Cornell.

The woman reported that two men approached her and Gardner grabbed her purse. Soon after, she said, the other man returned it to her and asked for reward money.

Gardner was arrested at the scene and the other suspect escaped.

Tougher pesticide control promised

By ROBERT MANOR

MARTINEZ — The Contra Costa County agricultural commissioner, stung by criticism that his department does a poor job of regulating pesticide use by local government, says he will institute closer regulation of the way the pest killers are applied.

Citizens for a Better Environment, an environmentalist group, recently prepared a report critical of the county Department of Agriculture's efforts to control pesticide use by city governments, school district and other authorities.

According to the report, the agriculture department conducted only 5 inspections of the more than 5,400 pesticide applications made by public agencies during 1979.

The report said the county makes little or no effort to determine if the pesticides used are actually necessary.

The report also charged that the county violates state law because it conducts no environmental assessment of the effects of the pesticides.

About 75 tons of pesticides and herbicides, among them 2,4-D, Chlordane, Lindane and paraquat, were used last year by local government to control pests.

Users include the Richmond Uni-

fied School District, the East Bay Regional Park District, Caltrans and the cities of Richmond, Martinez, Antioch, Pleasant Hill and Concord.

Public agencies use the pesticides in parks, schools, hospitals, barracks, and on vacant land.

John deFremery, the county Agricultural Commissioner, said new regulations that take effect in January will answer many of the questions raised by Citizens for a Better Environment.

He said the county will hire another biologist-inspector and increase the number of surprise inspections.

A closer review will be made to see if especially toxic pesticides are necessary or if less poisonous compounds are sufficient.

DeFremery said his office will require applicators to provide 24 hours notice before using pesticides.

In some cases, he said, the county will inspect the area where the pesticides are to be used before the application, to see if pesticide use is appropriate.

The new regulations were issued by the state as part of a tightening up of the use of pesticides.

But Steve Dreistadt, who prepared the report criticizing the

agriculture department, is not sure that more rules are the answer.

"Any new regulations have to be weighed in the light of the fact that the old regulations have not been enforced," Dreistadt said, referring to the absence of adequate environmental assessments.

Dreistadt said the new regulations were to have gone into effect in January of this year, were delayed until June and then pushed back until January 1981.

"They may be delayed again," Dreistadt said.

The city of Berkeley, Alameda County and other communities have been far more aggressive in limit-

ing the use of pesticides in situa-

tions, Dreistadt said.

Berkeley, for example, has reviewed procedure and eliminated some pesticides, including dane.

The city of Oakland has a policy of limiting the use of pesticides. University of California pesticide experts review pesticide use and suggest alternatives.

The city of San Jose has a policy to reduce its use of pesticides to only five percent of the cutback has come from biological controls rather than chemicals.

Flu shots curtailed by vaccine shortage

By NORMAN COLBY

MARTINEZ — One out of seven Contra Costa County residents seeking free flu shots was turned away because of a shortage of vaccine, county officials said today.

The county was supposed to round up its series of one-day flu shot clinics with vaccinations Wednesday in Walnut Creek and Moraga, said Carole Walton, spokeswoman for the county public health department. But the 1,000 elderly people who had been expected to receive their vaccinations at those clinics found out they would have to go without when the county canceled the clinics because it had run out of supplies.

Ms. Walton said another 6,000 county residents received flu shots at earlier one-day clinics throughout the county, including those in Richmond, El Cerrito, Rodeo and San Pablo.

Alameda County reported that despite the heavier use of flu shots this year, it appears the free clinics that run through mid-November there will have adequate supplies of vaccine.

And Ms. Walton said that health authorities believe that this winter's flu season will be milder than in

past years.

Statewide demand for vaccine, especially by senior citizens, is higher than last year, but while vaccine production has been reduced about 25 percent,

Dr. Loring Dale, county health director with whom Walton spoke, said that the 9,000 available doses are sufficient to keep Alameda County clinics open throughout the year, but that runs to the middle of the year.

"We don't expect to run out of vaccine, but it may be close, depending on the situation as it develops," he said.

Dr. Loring said that doses were made available twice. Shortages have occurred in some areas, like Los Angeles and Contra Costa County, most areas seem to have sufficient supplies, he said.

In some cases, areas with more than enough vaccine may have to transport their supplies with shortages, he added.

The increased demand may be due to increased confidence in vaccine. After the swine flu crisis led to a trust due to the appearance of effects in some cases.

MACPHERSON

(Continued from Page 1)

because I tend to be like Anne; I don't have an ego that's easily crushed," he said. "But some of the others did, and I told her there were some things she had to work on."

Macpherson said Lewis did tell her several months ago that "some commission members apparently complained about me, but he left it sort of vague. He just told me to cool it."

In response to charges that she disrupted meetings, Macpherson said she couldn't recall any such incidents.

"I am very outspoken and I may have a different point of view than some of the others, but I can't think of anything I have held up in a disruptive sort of way."

Vice-mayor Allen, who was on the planning commission for two years before becoming a council member, said he has attended planning commission meetings and thought that Macpherson was "sometimes a little strong in her approach."

"It's difficult to get a cross circulation of debate when one person tends to dominate the others," he said, a situation that in his opinion sometimes occurred at commission meetings.

In a letter to city council members and local newspapers, Macpherson charged the city council with wanting to "change the nature of its appointed commissions from independent board to ones whose members serve at the pleasure of the council," but Mayor Collins called Macpherson's charge a "misguided perception."

"She appears to have the misguided perception that the planning commission is an independent board but they serve at our will," Collins said.

The mayor added that Macpherson's conduct at the meetings "brought public criticism" to the planning commission.

Macpherson, who has a background in geography from UC-Berkeley, taught at UC-Berkeley and California State University, Hayward. She, like many other city commissioners, was viewed by the city council as a public sessions and was a vote of the council.

In response to the charges against her, Macpherson said she didn't recall any such incidents.

"I'm sorry that I'm not on the mission," she said, but that I was getting to the point where I could make contributions.

She added that she had worked on the commission and entered the other commission, a splendid group of people.

"It's too bad," she said, "She's a very intelligent person, her qualifications are excellent, we have to have a planning mission that's operable enough job already."

Calendar

ALBANY
City Council — Monday at 8 p.m. in the council chamber, 1000 San Pablo Ave.
Planning and Zoning Commission — Tuesday, Nov. 11, 11 a.m. in council chambers.
EL CERRITO
City Council — Monday at 8 p.m. in the council chamber, 10890 San Pablo Ave.
RICHMOND
Richmond Unified School Board — Wednesday, 7:30 p.m. at Helms School, 2500 Road #20.



—Times Journal photo by Trent Savers

HALLOWEEN FUN — Sheila Kelly, age 9, left, and Megan Kelly, age 5, were two of the many Thousand Oaks School students who enjoyed the annual Halloween festivities in Thousand Oaks last week. Every year, the Thousand Oaks PTA and the Thousand Oaks neighborhood

and merchants associations sponsor a day of window painting and a parade on upper Solano Avenue for local children. Merchants traditionally whitewash their windows and the kids then cover them with Halloween art.

Mail bag

Planning

panel problem

(Note: see related story, p. 2.)

The El Cerrito City Council and members of the El Cerrito Planning Commission have voted unanimously to remove me from the El Cerrito Planning Commission, although I have been reappointed to the commission for a four-year term. I have no reason to do so, and have consistently defended the actions of the City of El Cerrito and its citizens, according to my ability, and as I saw the reasons given for removing my service on the commission were that I was not "ordinance-minded" and that I was obstructing the commission in its business. During the course of my conversation, I found myself defending decisions of the planning commission, and not mine, which had, according to Mrs. Collins, brought the commission into disre-

putation, and were not, in her words, very professional.

Specifically, she cited complaints against the decisions and conditions made by the commission on the Griffin and Mira Vista developments, many of which had, in fact, been imposed by the city's design review board or the city council. She also mentioned the number of appeals against the commission's decisions to uphold the ordinance as instance of its unprofessional conduct. In fact, the attack seemed to be more against the actions of the planning commission than against my own record.

I was asked to serve on the commission because with my background as a professional geographer, I was expected to contribute a point of view then wanted on the commission. All commissioners are charged with the duty of making decisions that, in the light of the information at their disposal, and their considered judgment, are best for the long term interests of the city and citizens of El Cerrito. If these decisions were easy or without controversy, there would be no need for public hearings.

Seven commissioners with different professional backgrounds express their different opinions and points of view in their deliberations, and all these opinions contribute to the final decision of the commission in each case. I have as often as not been among the majority of the commission. If the decisions of the planning commission have not been accomplished with the dispatch or according to the liking of some applicants, the onus can not be attached solely to me.

If the city council seeks to change the nature of its appointed commissions from independent boards to ones whose members serve at the pleasure of the council, that must be their decision and responsibility. I will not aid and abet this change by resigning.

Anne Macpherson
El Cerrito

Introducing another contemporary note will be Carol Starr, who will tell "The Seven-day Terror" by R. A. Lafferty. This short science-fiction tale places a seven-day disappearance in the hands of a calculating child, with startling results.

The program is free and will last approximately one hour.

Storytelling at the Albany Library continues on Dec. 18th with a holiday program featuring the Ninnyhammers storytelling troupe. Gay Ducey and Ronnie Davis. For further information, please contact Elizabeth Overmyer or Richard Russo at the Albany Library, 526-3720.

Co-chairing the event are Dr. Charles A. Webster and wife, Wendy. Speaker will be Dr. Elliot Rapaport, Professor of Medicine, UC, San Francisco and Chief of Cardiology Service, San Francisco General Hospital, a past president of AHA.

The annual dinner serves as a "thank you" and report to members and associate members of the Research Round Table, as well as to generate increased participation by individuals, corporations and foundations. Participants make possible the chapter's research program by contributions through specified membership categories.

The Research Round Table was established in 1977 as a means of involving community leaders in cardiovascular research. This year there will be tours of research laboratories, lectures by eminent scientists and invitations to scientific meetings not usually open to the general public. Round Table patrons assist in the actual selection of research projects funded by the local chapter. The report dinner is an annual event for members, past presidents and prospective members.

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LASAGNE	CO-OP, 12 OZ, REG. .69	.59
VERMICELLI	CO-OP, 32 OZ, REG. 1.17	.98
ONION SOUP	LIPTON, 2.75 OZ, REG. .83	.75
APRICOT/PINEAPPLE JAM	CO-OP, 32 OZ, REG. 1.95	1.65
DOG FOOD	CO-OP, 10 LB, REG. 2.63	2.19
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Clubs

ALBANY
Eastern Star

Albany Chapter 550 O.E.S. will have farewell to 1980 officers on Nov. 7th at 8 p.m. in El Cerrito Masonic Temple, 6922 Stockton, El Cerrito.

Josephine Broyles, worthy matron, and Roland Gisham, worthy patron, will preside over the meeting.

Ruby Wilcox will be in charge of the evening. Visitors are welcome.

American Legion

Knapp's Rehabilitation Fund night is Nov. 8, with no-host cocktails at 6:30, dinner at 7:30 and dancing at 9 p.m. Cost is \$15 per couple.

The board of directors meeting will be Nov. 12 at 7:30 p.m. Bingo night is Nov. 15.

Toastmistress

The USDA Toastmistress Club meets the first and third Wednesdays of each month at noon in the third floor conference room at the U.S. Department of Agriculture building, 800 Buchanan Street, Albany.

The club was chartered by a group of USDA employees but anyone is welcome to join.

Visitors are invited to call Rita Millard or Brenda Sweeney at 486-3736. Ample parking is available.

Albany Rotary

Albany Rotary Club meets Tuesday at 12:30 p.m. at Spenger's Fish Grotto in Berkeley.

Albany Lions

Albany Lions Club meets Thursday at 7 p.m. at Kirby's in El Cerrito Plaza.

Bridge Club

The club meets at 12 p.m. on Mondays and Thursdays at the University Village Community Center, 1123 8th St. For more information call 232-6689.

Scrabble

Albany Scrabble Players Club No. 41 meets each Sunday 12:45 to 5 p.m. at 605 Carmel Ave. All persons 16 years of age or older are invited to participate free in three games of one hour each. Persons are requested to bring their own game and three egg timers. Call 526-8675 for reservations.

American Legion Auxiliary

Albany Unit 292 will have a bazaar and salad luncheon on Saturday, Nov. 15 in Albany Veterans Memorial Building. Bazaar opens at 11 a.m. Luncheon at 1 p.m. \$2.50. Reservations to Dorothy Holland (526-2891) one week in advance.

Sorooptimists

The business meeting of the Sorooptimist Interna-

tional of Albany, will be held Wednesday, Nov. 5th, at noon at St. Alban's Episcopal Church, 1501 Washington Ave., Albany. A buffet luncheon will be served prior to the meeting. Julia White, president, will preside.

EL CERRITO
St. Jerome's Women

"Visions of Sugar Plums" is the theme for the fashion show to be given on Monday and Tuesday evenings, Nov. 17 and 18 at 8 p.m. in St. Jerome's School Cafeteria of St. Jerome Parish, 320 San Carlos. Clothes are being furnished by Larry Parks, Ltd. and Joseph's of Berkeley. Models will be members of the Men's and Women's Clubs.

Tickets are \$4 and may be obtained by calling either Mrs. Lena Cardella, 526-4735, or Mrs. Carolyn Valterza, 524-3339, after 4 p.m. Seating will be limited and no tickets will be sold at the door.

The club is having its annual bus trip for school mothers, parishoners and friends on Dec. 4.

This year's destination is Old Sacramento, with two side-trip tours, Almond Growers and the Governor's Mansion. This no-host lunch day-trip will cost \$13. Close-off day for reservations is Nov. 10. For more information call 524-8072.

Bridge Club

The club meets Mondays, at 7:30 p.m. and Tuesdays, at 11 a.m., at El Cerrito Community Center, 7001 Moeser Lane. For information call 232-6689.

Community Bridge Club

The club meets Tuesdays, at 7:30 p.m. and Thursdays, at 7:30 p.m., at the Fairmount Recreation Center, 6510 Stockton. For information call 232-6689.

Kiwanis

The Albany El Cerrito Kiwanis Club meets Tuesday at 7:30 a.m. at Carrow's Restaurant, 6120 Portero Ave., El Cerrito.

Rotary

El Cerrito Rotary meets Thursday at 12:15 p.m. at Cerrito City Club, 1600 Kearney.

American Legion

The Ninth District American Legion Commander, William Fry and the Auxiliary President, Roseann Bean will make their official visit to Louis Hagen Post No. 340 and auxiliary of El Cerrito on Nov. 5 at 8 p.m. Post Commander David Baylis and auxiliary president Juana Hildebrand will preside.

Lions

The El Cerrito Lions Club meets Tuesday evenings at

6:30 p.m. at the Cerrito City Club, 1600 Kearney.

Bayview Aerie

The regular aerie meeting will be Wednesday, Nov. 5. Bingo will be Nov. 10, and the auxiliary meets Nov. 11.

Catholic Daughters

Two members of Court Berkeley #1049: Catholic Daughters of the Americas, have received appointments from the State Court, namely, Anna Marie Mikesell, Renewal; and Helen Young, Apostolate. They will serve as diocesan chairs on these two committees, serving courts in the Oakland Diocese.

Mrs. Lawrence Fitzgerald will again host the Mission Circle at her home, 1608 Posen, Berkeley, on Monday, Nov. 10, from 10 a.m. to 2 p.m. All attending are asked to bring a sandwich, coffee, tea and dessert will be served.

Group is rolling bandages from old sheets, crib blankets and converting discarded men's shirts into hospital gowns, for the Missions.

Native Daughters

Aileen Lamson, president, will preside at the next business meeting of Cerrito de Oro Parlor #306, Native Daughters of the Golden West, on Wednesday, Nov. 5 at 8 p.m. at St. John's Hall, 6712 Portola Drive, El Cerrito.

Social hour will follow meeting, chairing the evening are Aileen Lamson and Kathleen Sutton.

KENSINGTON
Arlington Women

The needlework section will meet on Friday, Nov. 7, at 10:30 a.m. in the home of Mrs. Arthur Frueh, with Elizabeth Morrison and Mrs. Norman Pick as co-hostesses. Those planning to attend should phone and bring their own needlework.

The duplicate bridge section will meet Tuesday, Nov. 11, at 11:45 a.m., with hostesses Mrs. Lawrence Tarbett and Mrs. Robert Williams. The Christmas party for members of the section will be held on Tuesday, Dec. 9, at 10 a.m. in the Mira Vista Country Club.

THOUSAND OAKS

Northbrae Women

On Wednesday, Nov. 5 at 10:30 a.m., the drama arts section will see a slide show on Japan with Mrs. Ross. At 11:45 is lunch. Bring your own sandwich. Dessert will be served by hospitality committee. At 1 p.m. the Card section (Mrs. Merlin Drucquer, hostess) Mrs. H. C. Peterson, (canasta) meets.

EAST BAY
Hadassah

Berkeley Chapter of Hadassah announced its fourth annual "Hand of Healing" dinner will be held on Thursday, Nov. 8 at the home of Dr. and Mrs. Osher.

A benefit for the Hadassah Medical Organization event will feature Menahem Fainaru, M.D., speaker. He will speak on arteriosclerosis.

The dinner is organized by Helen Levy of El Cerrito; with the help of Shirley Fields and Jessica Kline Cerrito; Frances Alexander of Kensington; Lois and Dorothy Golner, Mary Ellen Doniger, Ruby Kline June Safran, Betty Seaton and Sophie Eisenberg of Berkeley. The affair will be catered by Andre, of the Beau Restaurant in Oakland. For information call 4100.

Women Aglow

Richmond Women's Aglow Fellowship will have a monthly meeting at Gonzales' Restaurant, 1000 Pablo Ave., Richmond, on Saturday, Nov. 8 at 8 p.m. in the banquet room.

Guest speaker and singer will be Connie A. Fellowship and continental breakfast of coffee and doughnuts begins at 9:30. Admission is \$1.50. Reservations is available. For more information call 232-2233 or 6686.

Solo Set

On Thursday, Nov. 6, at 8 p.m. at the Jewish Community Center, located at 3245 Sheffield Ave. in Oakland East Bay Solo Set, a Jewish singles group for ages 30 and up, will sponsor a speaker on investments. The speaker, investment counselor, will speak on such topics as estate, stocks, savings accounts, T-bills, gold, etc.

(Continued on Page 8)

Independent & Gazette

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- Winners will be notified by telephone on Friday, Nov. 14, 1980. Tickets will be good for the 8 p.m. performance on Thursday, Nov. 20, 1980.
- Make sure to paste the coupon below with name, address and phone number to the back of your entry.
- There will be one grand prize (10 tickets) and first and second place winners (three tickets each place) in each of the five categories: Under five years, ages 6-7, ages 8-9, ages 10-11 and ages 12-13.
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seeing your (reel) self in video

By Robin Updike

THOUSAND OAKS — Wendy Oser and Tom Taussig are people at Oser's home on Mariposa Avenue but the they end up with are not home movies.

Oser, a former actress with an interest in psychology, and Taussig, a psychology professor who was once a computer scientist, use portable video equipment for what they call "video consultation."

Starting this week, for example, they will offer a series of workshops in which those in the class will be able to see themselves on film, an experience Oser and Taussig believe can lead to improved self-understanding.

Oser, who was active in Bay Area theater in the 1960s, said she first realized that the video screen could be a useful therapeutic tool when she saw herself perform on film.

"In the course of being a performer I had the opportunity to see myself on video and the impact was tremendous," she said. "At first I felt exposed and vulnerable and I was very judgmental about myself, very critical."

But at the second level I got some distance from the video. I was seeing on the screen and I became more objective. Finally I felt a kind of compassion for that person."

At that point, Oser said, she became more tolerant of herself and of others.

Oser and Taussig said that because most people tend to be overly critical of themselves, imagining that they have all kinds of undesirable physical mannerisms and quirks, it can be emotionally relieving for them to see themselves on a video screen and realize that the criticisms they so disliked are perhaps hardly noticeable.

On the other hand, they said, sometimes people see characteristics in themselves, such as repressed sadness or anger, that they thought were hidden from public view.

"People think their inner life doesn't show in their faces," Oser said, "but it does. It's there in their eyes. Sometimes it's a lingering feeling that they were hardly aware of. When you see yourself on the screen, you realize that it's not just the superficial things that are visible."

That realization, Taussig said, can be "both terrifying and relieving."

People realize that the emotion was out there anyway, they might as well not use up energy trying to hide it, he said.

Taussig was a professor of engineering and computer science at UC-Berkeley before earning an advanced degree in psychology and accepting a teaching position at John F. Kennedy University in Orinda. He said when he was a computer scientist he became interested in video work and later did video research at the Bell Telephone Laboratories in San Francisco.

Oser's background in the video field includes work with psychologists and therapists, with the Humanistic Institute in San Francisco, and the Association for Humanistic Psychology.

The two met at the Transpersonal Psychology Conference held in June in San Francisco and decided to use their backgrounds in video work to give the workshops this month. They said they expect people to find the workshop for many different reasons.

In the past, Oser said, she has used her \$3,000 worth of video equipment to film such people as lawyers and business men who want to know how they appear to their clients and customers.

Oser said she has also filmed runners interested in improving their running style.

The sessions we run can be very light-hearted," Oser said. "Once I had a workshop where women wore different costumes and dressed up in them and walked around in front of the camera. They took on different personalities with each outfit. It was really fun."

Other sessions, Taussig said, are more serious. "We've worked with couples who seem to think they have relationship problems," he said. "But when they see themselves talking together on the screen they see their body language and they suddenly see the other person's point of view."

People who see themselves on the screen for the first time, Oser and Taussig said, are struck by their own behavior. In their workshops and therapy sessions clients are sitting down, talking, and moving around the room. At some point everyone sees his or her entire body on film, which is impossible to duplicate in a mirror.

People are often surprised to see how heavy they look on video," Oser said. "We all have ways of looking at ourselves in mirrors that show our bodies off to advantage."



Tom Taussig and Wendy Oser, video consultants

—Times Journal photo by Trent Savers

at their best angles."

"Some people see themselves on the screen and decide they need to lose weight; the experience helps them set goals. Other people, who always thought of themselves as slightly overweight, may see themselves and realize that they don't look especially heavy at all, and it becomes one less thing they have to worry about," Oser said.

"Another issue that often comes up is beauty," Oser said. "People generally have low self-esteem about that."

Taussig added that in the past some people who have signed up for the video sessions have not wanted to talk about their physical appearance on the screen with other session members because they think it is narcissistic.

"I think that often people are unwilling to see how beautiful they are because of a stigma about being self-centered," Taussig said.

"That stigma means that in our society people are too quick to criticize themselves," he continued.

"And you have to love yourself," Oser said, "before you can love the world."

Oser and Taussig will offer a series of three video workshops on Wednesday evenings, beginning tonight, from 7:20 p.m. to 10 p.m. They will also give a one-day session on Saturday, Nov. 8, from 9:40 a.m. to 5 p.m.

Cost for both workshops is \$40. For information call 527-7931 or 232-9273.

Volunteers to help elderly

Starting in November the Gray Panthers of the Berkeley area are holding a training session for the Outreach/Advocacy Project. The goal of the project is to link-up individual older persons, particularly those who are frail and isolated, with appropriate service and benefit programs.

The project depends on a continuing core of volunteers willing to work from three to five hours per week as outreach workers for a period of six months starting in December.

The training will begin Nov. 11 and run through Dec. 2. The sessions will be from 2 to 4 p.m., Tuesdays and Thursdays, at the South Berkeley Senior Center, 2939 Ellis St.

Volunteers are needed. For further information, contact the Gray Panther Office at 845-5208. Ask for Bob Bennett or Carla Woodworth.

Exhibit shows ethnic art

The Artists' Gallery of the California College of Arts and Crafts (CCAC) hosts "Ethnic Artists Presents," through Nov. 19.

Works in all media will be shown. Invited artists include Irmagean, CCAC class of 1976, and George and Bernadette Beckley (both 1978 graduates), who were award winners in the 1979 New York Art Directors Club 59th Annual Award Exhibition. Works by ethnic artists currently attending CCAC will also be shown.

The Artists' Gallery is located at 5269 Broadway, Oakland. Hours are 10 a.m. to 6 p.m., Monday through Saturday. The Gallery is open to the public, admission free.

Guitar Fest concert set

Guitar Fest 80 concludes on Sunday, Nov. 9, at 3 p.m., at Trinity Chapel, 2320 Dana St., Berkeley.

The Trinity Chamber Orchestra, under the direction of Merle Bowen, will play Sir Lennox Berkeley's Concerto for Guitar and Small Orchestra, with soloist Jim Bertram, Beethoven's Symphony #1, and J. S. Bach's concerto in D minor for Two Violins with soloists Philip Santos, and Richard Ruby.

Guitarist Jim Bertram is a member of the music department faculty at California State University, Hayward, and performs frequently in the Bay Area, both as a soloist and in duo with Ron Galen.

Merle Bowen graduated from the University of California, Berkeley. He studied conducting there and with Denis de Coteau at California State University, Hayward. He took part in two conducting workshops with Daniel Lewis, Conductor of the Pasadena Symphony. He is currently working with David Ramadano, Assistant Conductor of the San Francisco Symphony and conducts, frequently, Bay Area choral groups as well as the Trinity Chamber Orchestra.

Tickets are \$5.00. For information, call 549-3864.

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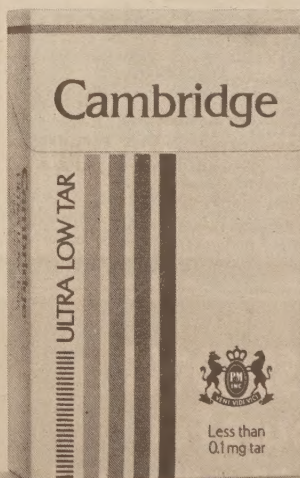
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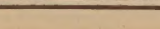
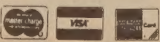
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Out of doors

Turkey season opens

Conditions are nearly ideal for California's fall turkey hunting season which opened Nov. 1, and prospects are good for excellent bird for Thanksgiving.

Reports from the field indicate that a good many young birds are around, said the Department of Fish and Game's forecast. Feed and water conditions are such as to sustain this spring's bumper crop of birds.

Acorn crops from several species of oaks are more than adequate, according to Harold Harper, the DFG's upland coordinator. He said there are fine crops of wild oaks in many areas as well.

Favorable feed and habitat conditions should combine, he said, to make the month-long season productive, as are this year's seasons for other upland game birds, particularly quail and chukars.

Both the Rio Grande and Meriam's varieties of turkeys are abundant, as are the California hybrid.

Among the more promising counties this year are Shasta, Tehama, Butte, Yuba, Nevada, El Dorado, Calaveras, Mendocino and San Luis Obispo.

Bag and possession limit is two birds of either sex per person. Shooting hours are sunrise to one-half hour after sunset. The season will continue through Nov. 30.

Last year in the spring and fall seasons combined, an estimated 1,550 turkeys were taken, with more than 6,500 hunters in the field.

Waterfowl hunting opened Nov. 1 on five Sacramento Valley state and federal areas where the season opener was delayed because of the late harvest of a near-record rice crop.

The areas are Gray Lodge Wildlife Area and the Sacramento, Sutter, Delevan and Colusa national wildlife refuges. All normally would have opened Oct. 18 with the balance of the general season area.

Deferred openings are designed to permit birds to remain on the areas and to keep them from depleting the rice crop.

Also opening to waterfowl hunting Nov. 1 is the Joice Island unit of the Grizzly Island Wildlife Area in the Suisun Marsh. Joice Island regularly opens on the third Sunday of the season as part of the area's management program.

Using a new herding technique on elk for the first time in California, a Department of Fish and Game crew has successfully captured an initial contingent of tule elk from the Tinemaha herd in the Owens Valley for relocation to Mt. Hamilton, Santa Clara County.

Nineteen cows and calves were herded into a trap by helicopter and three bulls were darted with tranquilizers in the effort aimed at the eventual capture and relocation of as many as 90 animals.

By relocation, the DFG is reducing numbers in three of the six tule elk herds in the Owens Valley. There the population has reached at least 533 animals, 43 more than the rated capacity of the range.

After the capture without incident on Oct. 21 the 22 animals were trucked from the Inyo County site to their new home in the central coastal area where tule elk were successfully reintroduced two years ago.

Later in the week, the

DFG crew moved on to the Bishop herd to capture and relocate the balance of the 75 to 90 animals to be moved. Proposed relocation sites for these animals were Lake Pillsbury and Laytonville, both in Mendocino County. Each location has an existing herd.

All of the trapped elk were marked for identification with ear tags, and some of the cows were fitted with radio telemetry collars so their movements could be tracked.

There are now an estimated 900 tule elk at 13 locations throughout the state. Relocations over the last four years have created nearly a dozen new herds and resulted in more than doubling elk numbers.

Tule elk, native only to California, once thrived in great numbers throughout the Central Valley, but the coming of civilization reduced populations to three small remnant herds.

Bobcat hunting tags, required this year for the first time, now are on sale at Department of Fish and Game headquarters, regional and field offices at two for \$5. The field offices are in Eureka, Menlo Park, Monterey and San Diego.

The tag system was approved last spring when the Fish and Game Commission adopted 1980-81 hunting and trapping regulations. At the same time, the commission set a sport limit of two bobcats per season and established three hunting seasons for bobcats in place of the traditional single season.

Seminar set on aging

The first annual seminar on legislation and information affecting California's older population will be held Nov. 13.

This seminar will feature speakers representing the various facets of California's legislative policies as they affect older adults. Keynote speaker, Jane Levy, director of the California Department on Aging, will address the audience on California's current legislation; and Ruth Miller from Alameda County's Department on Aging will discuss policies and programs relevant to Alameda County residents.

Other addresses will include those of Charles Blair of the Social Security Administration; Valerie Raymond, Supervisor for Alameda County; Francis Bellman, Project Director for the Senior Nutrition Project; and Eugenia Hickman, Chairperson for the Alameda County Advisory Commission on Aging.

A question and answer period will follow each presentation. The seminar will last

DFG license chief Mac Foster reminded hunters that the tags are neither required nor usable until seasons open on Dec. 1. Beginning then, they will be required in any open area.

The new regulations require that the hunter have a tag in his possession, and that after taking a bobcat he immediately fill out both parts of the tag and punch out the date of harvest, attach one part to the pelt and return the second part of the tag to the department.

Foster said that the hunting tag should not be confused with the bobcat shipping tag, which is required for exporting the pelt. The hunting tag does not permit either selling the pelt or shipping it out of state, he said.

Bobcat hunting seasons will run Dec. 1-21 in the northeast, Dec. 1-Jan. 31 in the south coastal area, and Dec. 1-Jan. 15 in the balance of the state.

Tags may be obtained in person or by mail, Foster said. Mail requests for tags must be accompanied by the applicant's hunting license number and a money order or certified check.

Houndsmen, varmit callers and other interested bobcat hunters were advised to check regulations carefully before going into the field with the opening of the season.

The season will be closed statewide, as was the case last year, when the number of bobcat export tags issued approaches the 6,000-tag quota.

Foster expects to issue 6,000 to 8,000 bobcat hunting tags for the 1980-81 season.

from 8:45-1 p.m. at The Oakland Museum, 1000 Oak Street and is free. Early registration is important due to limited seating. Phone Vivian Bailey 522-7221, ext. 337; or Linda Moore 834-5740, ext. 330.

This event is sponsored by the Alameda Senior Council, the Older Adult Resource Center, the Oakland Museum, The College of Alameda, Center for Unlimited Education, Vista College, Laney College, Merritt College and the Retired Senior Volunteer Program.

Birthday fete

ALBANY — Gateview resident Erwin Marcos was surprised with a 70th birthday party thrown by his wife Irene last month.

Marcos comes from a pioneer Pinole family and is general manager of Hill Lumber Company in Albany.

Marcos' children and grandchildren came from Texas and Colorado to attend. Over 100 people were in attendance.



DINNER PLANS — Preparing for the 70th anniversary party of Berkeley Council No. 1499, Knights of Columbus, to be held Sunday, Nov. 9, at the Marriott Inn, are (from left) William Hansen, Del Wilson, John Dion and Lou Mascola, Grand Knight of the Council. Reservations: 848-2217 or 499-6937.

Transit cards for seniors

EL CERRITO — AC Transit's Bay Region Transit Discount Center will travel to El Cerrito, Wednesday, Nov. 5, for the convenience of residents eligible for transit rides at discount fares.

The center, which issues discount identification cards for senior citizens, 65 years and older and the certified handicapped frequently travels throughout the East Bay to improve accessibility.

Cards will be available at Open House, 6500 Stockton,

between 1 p.m. and 2:30 p.m.

The Bay Region Discount card is issued by public transit authorities in the Bay Area to provide reduced rates for elderly and handicapped riders.

The card is honored for discounts on AC Transit, BART, Golden Gate Transit, San Francisco Municipal Railway, Santa Clara County Transit, Santa Rosa Municipal Railway, Petaluma Municipal Transit, Vallejo Transit and San Mateo County Transit.

Business workshop set

Creating your own small business will be the topic for an all-day workshop on Saturday, Nov. 8, at the Hotel Leamington, 19th and Franklin Streets, Oakland.

Participants will develop a business plan, a marketing plan, and a financial plan. Topics include, loan resources, organization form, licensing, pricing products or services, advertising, budgeting, managing cash flow, bookkeeping, payroll and taxes.

The workshop is presented by Carlene Cole, owner and manager of an Oakland-based career and small business consulting firm.

Workshop time is 10:00 a.m. to 5:30 p.m. The \$30 registration fee includes the workshop and packet of small business planning materials. Pre-registration required. To register, call Carlene Cole at 658-8242.

Shrub planting

EL CERRITO — Native and drought-resistant shrubs will be planted on Mooser Lane at 9 a.m., Saturday, Nov. 8 and Sunday, Nov. 15. El Cerrito Garden Club will provide the shrubs and coordinate the sixth annual planting.

Volunteers to help elderly

Starting in November the Gray Panthers of the Berkeley area are holding a training session for the Outreach/Advocacy Project. The goal of the project is to link-up individual older persons, particularly those who are frail and isolated, with appropriate service and benefit programs.

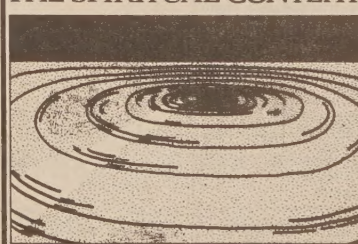
The project depends on a

continuing core of volunteers willing to work from three to five hours per week as outreach workers for a period of six months starting in December.

The training will begin Nov. 11 and run thru Dec. 2. The sessions will be from 2 to 4 p.m., Tuesdays and Thursdays, at the South Berkeley Senior Center, 2939 Ellis St.

Volunteers are needed. For further information, contact the Gray Panther Office at 845-5208. Ask for Bob Bennett or Carla Woodworth.

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Getting down to business

CWS Variety Discount Store

CWS Variety Discount Store, 1552 Solano Ave., is open daily through Saturday from 9 to 7 and Sunday from 12 to 5.

SAN FRANCISCO — Before he decided to open a community-oriented variety discount store, Simon Bandar was successful in a variety of businesses.

After he received a degree in finance and business administration from UC-Berkeley, Bandar, now 42, worked as manager of finance and administration for an oil company in Kuwait and in similar executive positions in his native Lebanon for Dart Industries, parent company of Tupperware, and for a British-based agri-business corporation.

Four years ago, Bandar went into business for himself and established a company which exports a variety of goods to Lebanon, Jordan and Kuwait. Five years ago, he and his wife, Marie, opened CWS (which stands for "Convenience With Savings").

Bandar's exporting business which allows him to sell goods at the lowest prices on a wide variety of brand-name goods, many of which he buys directly from manufacturers for export as well as for sale locally.

His motto is overall price reduction on all items. "We want this to be the kind of store that people in the neighborhood will use. Already we've got a lot of senior citizens shopping here. One woman couldn't get out, so we delivered some items to her home. That's the kind of personal service we want to offer. And, if somebody comes in and doesn't find something they want, we can order it for them."

head, and offer big discounts," he said.

"We want this to be the kind of store that people in the neighborhood will use. Already we've got a lot of senior citizens shopping here. One woman couldn't get out, so we delivered some items to her home. That's the kind of personal service we want to offer. And, if somebody comes in and doesn't find something they want, we can order it for them."

Meeting set on prevention of crime

A meeting to share information and work toward reducing crime on the streets and in the home — the first Crime Prevention Convention in the area — will be held Saturday, November 15, at St. Elizabeth's High School, 1530-34th Avenue, Oakland from 12 to 5 p.m.

The public is invited to this event, which will include displays of crime prevention equipment and workshops on youth crime, street violence, home alert and seniors and crime.

Sponsored by the Oakland Chamber of Commerce, the Community Services Department of the Oakland Police and by the Fruitvale Citizen's Patrol, this will be an opportunity for citizens who wish to get involved to participate and bring information back to their own locales.

Parent group sets agenda

ALBANY — The Albany High School Site Council, composed of elected parent, student and staff representatives, meets every other Wednesday at 3:30 p.m. in the Albany High School Library. Its next meeting will be Nov. 12.

The Career Center, the Tutoring Center and Staff Development are all on the agenda. Parents and members of the community are always welcome.

More trains on Saturday

BART Saturday service has been expanded to four routes from the current three route service.

The fourth route will provide direct service between Richmond and San Francisco/Daly City, similar to weekday service. With the four-route service, BART on Saturdays will be operating direct trains between Concord/Daly City, Fremont/Daly City, Richmond/Daly City and Richmond/Fremont from 6 a.m.

to 6 p.m., and then along two lines, Concord/Daly City and Richmond/Fremont until midnight.

Train frequency will be 20 minutes per line as a base service. This will translate into 10 minute train intervals along the Richmond, Oakland and Fremont lines, and approximately 6.6 minutes between Oakland West and Daly City. After 6 p.m., trains begin the transition to night service operating at 20 minute intervals.

Cooking class scheduled

KENSINGTON — The recreation preparation method will offer a workshop in Chinese hors d'oeuvres on Saturday, Nov. 8, 9:30 a.m. to 12:30 p.m.

Lonnie Mock, author of two books on Chinese cooking, will give the class. At

the workshop she will demonstrate preparation methods for steamed dumplings, garlicky dumettes, and 5-spice biscuits. The hors d'oeuvres will be served with tea for lunch after the class.

To register call 525-0292 on Monday, Wednesday or Friday between 10:30 a.m. and 1 p.m. or send name, address and class fee to Kensington Recreation, 59 Arlington, Kensington, Ca 94707. Fee for the class is \$11. Participants are asked to bring a small knife.

Ofshe speaks on Synanon

Richard Ofshe, co-author with Dave Mitchell and Cathy Mitchell of *The Light On Synanon*, recently released by Harper & Row, will appear at Cody's Books on Thursday, Nov. 6, at 8 p.m. He is the U.C. Berkeley sociologist who worked with the Mitchells in researching the story of Synanon.

The three authors researched Synanon for The Point Reyes Light, a small paper owned by Dave and Cathy Mitchell. The Mitchells won the 1979 Pulitzer Prize for Meritorious Public Service for the story.

Richard Ofshe, PhD., teaches at the University of California at Berkeley, where he specializes in the sociology of cults.

The appearance is free and the public is invited.

El Cerrito 28, De Anza 0

EL CERRITO — With sophomore tailback Nathan Redditt handling the ground chores and Kevin Tully pulling in the aerial yardage, El Cerrito moved into a second-place tie in the RBAL with a 28-0 victory over De Anza Friday evening.

Redditt carried the ball 13 times for 120 yards and three touchdowns, leading the Gauchos to their second win in three league games. EC is 3-5 overall.

Tully, meanwhile, caught three passes for 97 of the Gauchos' 145 yards through the air.

"We played well," said El Cerrito coach Dennis Giuntini, whose team next has the chore of facing league-leading Kennedy. A victory could possibly put those two teams and Pinole Valley into a three-way tie for first place with one weekend remaining.

"Pass interference penalties are what hurt us," added the Gaucho coach, whose team held De Anza to 173 yards total offense.

EC quarterback Michael Young and Redditt each scored on a short run to give the Gauchos a 12-0 lead after one quarter. Redditt added TD runs of one and 27 yards and Brian Simonian kicked a field goal to widen the gap.

Alameda 41, Albany 14

ALBANY — Bob Arnold rushed for 174 yards in 26 carries and Dan Esparza added 98 more in 14 tries as unbeaten Alameda rolled over Albany Friday, 41-14.

The lopsided win was the eighth in a row for the Hornets, 4-0 in ACAL play, and dropped the Cougars to 1-4 in league and 1-7 overall. Alameda rushed for 287 yards while amassing 385 yards total offense.

Alphonso Reese's 65 yards rushing keyed Albany to a 202 net yardage total that was nowhere near enough to offset the powerful visitors' relentless attack. Alameda kept an eye on the prep poll and its starters in the game until the bitter end for the Cougars. Arnold tallied the last six points of the contest late in the fourth quarter on a 40-yard TD run.

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Sci-fi event scheduled

There will be a swap featuring comic books, science fiction, paranormal on Saturday, Nov. 9, at 10 a.m. to 4 p.m. at the 17th Chestnut Ave., in Berkeley.

Comic artist Rick Hobbs draws the Em-Em-Em comic book. He will be the guest artist at a dinner held in conjunction with the swap on Saturday at 7 p.m. Admission is \$12.50 per person and reservations are made.

Camellias in autumn

A group of camellias "Sasanquas" are putting on an autumn show. They are characterized by small, glossy, serrated edges, very growth habit and abundance of small to medium size flowers, single or double.

Sasanquas can be grown in full sun or part shade. They make excellent subjects against light backgrounds and can be grown in medium-height containers. The more spreading varieties make excellent hanging baskets. Available include all shades of pink and a deep rose that's red.

Preparation is important with camellias. Dig at least twice as wide as the container. The hole half full with a mix of soil and native soil. Remove the root ball from the container and place in the hole. Soil the root ball should be 12 inches higher than the ground level. Fill the ground level with soil and mound native soil around the edge to form a basin. Water with a stream from your hose with a special food monthly.

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Physical depreciation is much easier to detect and to evaluate than economic and functional depreciation which will be discussed in future columns. Physical depreciation is usually under the control of the owner and can be corrected.

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Older & growing

Changing roles

(This is the 7th in a series of 15 articles.)

By FLORENCE E. VICKERY

There is much discussion and lamenting these days over how strong and cohesive the American family used to be and how disrupted it has become. The fact that older people no longer necessarily live with their children when they become widowed or ill is often cited as an example of the breakdown of the family. Many older parents now live independently in their own households in a satellite relationship to the core family of their adult children. As a result, some believe ties of affection and responsibility are weakened, and older family members become isolated from and rejected by adult children. Current studies do not confirm this. In 1970 a total of two and a quarter million persons over 65 were living in the same household with an adult child or relative. Of those who lived independently 33% lived ten minutes or less from one child and 23% lived within an hour's travel time. Some 80% of those who lived apart from their children saw at least one child during a given week. Physical proximity, however, does not necessarily bring emotional closeness.

Urban homes are usually not large enough today and modern families do not seem to be equipped to care for older parents. The presence of an older person in the home can become a strain on family relations and a pressure on their young children. The parent may feel he is the center of the tensions and stresses. Feelings of guilt and self-pity follow, and conflicts and misunderstanding may over shadow the joys and satisfactions of three generational living. Although the trend is toward the generations living in separate households, the family continues to be a strong support system for older parents, providing an ongoing interchange of services and emotional support.

According to a recent Harris Poll 9 out of 10 parents, especially those in the middle and upper economic classes, prefer to remain, for as long as they are financially and physically able, in their own homes as independent, self-directing persons. In ethnic and low income families, however, a larger number of the elderly live in the households of their adult children. There are evidences that this pattern is also changing. Within lower income families the help of the older person, especially the grandmother, is needed to help manage the house and care for children when mothers work out of the home. Their social security and public assistance benefits are often needed to supplement the income of the family.

Social changes have introduced new family patterns. Parents in earlier generations had little choice but to live with one, then another of their adult children or other relatives when they became ill or widowed. There was no Social Security program and few institutional homes for the elderly. Medical care was a private responsibility and nursing care had to be provided by the family. Now in addition to Social Security, Supplemental Security Income grants, pensions and veterans' benefits, provide some regular income to all older people. Public housing projects are found in most communities, financed by federal, state and local governments. Retirement communities, apartments and residential care facilities built by non-profit and private corporations, provide a wide variety of living arrangements for older adults. Medicare and Medicaid help pay hospital and medical bills. Visiting nurses, home health aides, chore services and delivered hot meals also enable older people to remain in their own homes. In senior centers they find new friends and interests. The security and cohesiveness that existed when all family members lived under one roof, have now been exchanged for more autonomy and freedom for older parents.

In some families three generations within the same household have been accepted as the best arrangement. This solution for some grows out of a sense of filial responsibility, for others out of financial need, and sometimes out of desperation when there seems no other possible solution. How successful this plan is will depend on many practical considerations that should be faced before the arrangement is made. After perhaps fifty years of being head of a household, will a parent be able to change roles and be a dependent person in a child's home? Can adult children accept their parents, not in their parental roles, but as persons in their own rights and with their own interests and needs? Personal traits and little habits which parents have acquired over the years, often under tension, loom large and annoy children. Can these be handled? Will the older parent be accepted by this child's spouse or will he become the target of their personal problems and incompatibilities? If the adult children work outside the home, will the expecta-



Keep practicing — you'll catch on to "goofing off" in a few days.

tion be that the older parent take over some housekeeping tasks and supervise the grandchildren? Will this seem like an imposition to the older parent? Has an understanding been reached on sharing household expenses? Will the older person have his own living space, privacy and independence? Can the older person accept behavior and social patterns, values and life styles that are different from his, without becoming judgmental?

Frequently, initial resolutions of all family members to be cooperative and considerate, give way to irritation and loss of patience by adult children and self-pity and martyrdom on the part of their parents.

This is in "Older and Growing," a "course by newspaper" offered by Vista College in Berkeley. Each week, the Times Journal offers the first section of that week's lesson.

For more information call Susan Newman at 540-8132 or Vista College at 841-8431.

Theologian to speak

Dr. Hans Kung of Germany, Roman Catholic theologian, will speak at a public meeting on Wednesday, Nov. 5, at noon, at Zellerbach Auditorium at the University of California at Berkeley.

The topic of Dr. Kung's address is "Where I Stand." He was removed as a teacher of the church by Pope John Paul II.

Note of thanks

The Albany Middle School PTA wants to thank the 104 merchants who contributed to our annual PTA fundraiser. The generosity of the merchants helped our flea market be a huge success. This year's money donations and profit from the flea market will be used for the purchase of band and orchestra risers.

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TIMES JOURNAL

Section two

Arnold's animal friends cheer elderly, handicapped

BY ROBIN UPDIKE

ALBANY — Most of the elderly women in wheelchairs watched intently as Frances Arnold slowly lifted a large, long-eared, black and white rabbit out of its carrying case on the floor in front of her.

"Can everybody see it?" she asked.

Some of the women with their eyesight whispered to their neighbors, describing the rabbit. Others looked a little at the sight of Arnold holding the rabbit in one hand under its hind legs and the other cradling its head, as if it had just been pulled out of a hat.

Arnold carried Brown, a black and white rabbit, to her wheelchair in the activities room at Kyakameena Sanatorium in Berkeley, she laid the rabbit in the woman's lap and talked about rabbits, animals or anything that the women seemed to want to discuss.

The hour-long visit to the convalescent home is part of the community outreach program that Arnold started as director of humane education with the Berkeley Humane Society.

Several times a week, sometimes several times a month, Arnold gives humane education programs to patients in convalescent homes, school children and

floor.

It was obvious that Rags is a veteran of many years of Arnold's animal presentations.

He walked obediently with her around the room, raising himself onto his hind legs on her command at each wheelchair. The women seemed to enjoy fondling his ears as he stood for a few moments with his front paws in their laps.

"What a nice little dog he is," one woman said. "I just love animals."

"Did you used to have dogs?" Arnold asked.

"Oh yes, we lived on a big ranch. We had lots of animals."

Another woman, who appeared to be about 85, reminisced about a favorite pet while softly stroking Rags's head.

"I had a greyhound," she said in a frail voice. "I used to be able to hold him in my two hands when he was a new puppy. He was the best dog; but that was a long time ago."

Arnold, 66, has been the Director of humane education with the Berkeley chapter for 17 years. The 36-year resident of Albany said she applied for the job, which was newly created in 1963, because she was dissatisfied with the odd jobs she held while raising five



Leona Blank, right, with Frances Arnold of the Humane Society

Education programs at elementary schools, Arnold said she sits the children in a circle on the floor and lets the animals loose in the middle.

"That way, for example, they can see the rabbit move," she said. "And they can see that a rabbit doesn't hop with both its front and back legs, only the back ones."

Arnold also gives her animal talks to handicapped children. With children with learning disabilities, she said, she often has the children count the toes on her Guinea pig — Guinea pigs only have three on their back paws — and then have the children count their own toes. The counting practice, she said, is good for them.

Although education is the main aim of her programs for school children, Arnold said her purpose for taking her pets to the convalescent homes is somewhat different.

The elderly, who are often lonely and bored at convalescent homes, seem to perk up when she brings the animals, Arnold said, and the visit is an excuse for a social event.

Using the animals to strike up a conversation, Arnold said she gets the elderly patients to talk for a while.

"Sometimes the animals will get them to open up a little, and then I try to get them to think about things from long ago, like favorite pets, or favorite dresses. Their memories are so much better about events that happened way back than the ones from yesterday," she said.

Occasionally, some of the convalescent patients dislike the animals, and tell her that they don't want the animals on their laps.

"But even then, I figure the animals will give them

something else to complain about besides the food. Anything to stimulate their minds for a while."

Studies made by physicians and psychologists in recent years indicate that being around pets can be good emotional therapy for terminal patients, the elderly, and the handicapped, Arnold said.

She said that the elderly and the handicapped, who feel useless and alone, make friends of pet dogs and cats.

"Lots of elderly don't feel

needed," she said. "But if they have to feed a pet animal it gives them a responsibility. And they can talk to the animal and it seems to listen. There's nothing too private to keep from a pet."

She said that at a national symposium held by the American Humane Society in Phoenix earlier this month, society representatives discussed the case of an old woman in Florida, whose pet dog was taken from her when she was

moved into a federal housing project that prohibited pets. The woman's health waned as she grew more and more lonely without her pet and when she broke her hip, an accident that shouldn't be fatal, she seemingly lost her will to live. Physicians and social workers who investigated the case blamed her death partly on the absence of her pet, Arnold said.

Next month, she said, she plans to attend a conference on the use of pets as emotional therapy for cancer patients.

"It works the same way

with lonely young children," she said. "Statistics show that children who are placed in foster homes where there is a pet adjust much more quickly than those in homes without pets."

When one follows Arnold around on one of her typical daily schedules, including animal talks at schools and convalescent homes as well as administrative work in the office she shares with Rags and a large cat, it is easy to see that her desire to improve the lot of animals isn't the only reason why she likes

her job.

"I've met Hun. Society Workers who care more about animals than people. I was once with one of them who heard a noise in the street. She rushed out to see if an animal had been hurt and came back in calmly, saying that it was only a child."

"When it gets right down to it," she said, "I guess I would have to say I'm people-oriented. I mean that's what the word humane means, after all, it means being kind, and not just to animals."

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Church plans holiday fair

St. Mary Magdalen's Dominican parish will hold its ninth annual fund-raising holiday fair on Sunday, Nov. 9, after the 9:30 a.m. mass in the parish halls at Berryman and Milvia Streets, Berkeley.

It features 15 concession stands, including hand-crafted gifts, home-cooked foods, plants, books and games for children.

Hourly drawings for prizes will be held. Among

the prizes: a ski-weekend at Kirkwood Meadows, holiday spirits and an original oil painting.

The congregation's 12 area delegates, representing sections of north Berkeley, Albany and Kensington, will operate the concessions.

Sisters and students of the parochial School of the Madeleine will sponsor a special Christmas ornament and Nativity scene display.

Kensington tour rescheduled

KENSINGTON — The Kensington Community Council bus tour to Sunset House in Menlo Park has been rescheduled for Wednesday, Nov. 19.

Price, including lunch, is \$14, and payment should be sent to KCC, 59 Arlington Ave., Kensington 94707 by Nov. 10. Mark checks "Sunset" and include phone number.

The chartered bus will leave Kensington Library at 8:45 a.m. and return at 4 p.m.

For information call 525-

0292 on Monday, Wednesday or Friday from 10:30 a.m. to 1:30 p.m.

Story time at library

EL CERRITO — Story time for three-to-five year olds is being held every Tuesday at the El Cerrito Library, 6510 Stockton St.

Sessions are at 10:45 a.m. and at 1:15 p.m., and continue through Dec. 9.

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Joe Carcione

Secrets of the Green Grocer

By ROBIN UPDIKE

EL CERRITO — Joe Carcione, the man known to millions of national television viewers as "The Green Grocer," waved a hammer in one hand and a hairy coconut in the other and took a swing at the fruit.

"One morning I was in my kitchen and there was this coconut laying there beside the sink and I said to my wife, I said, 'Babe, there's gotta be some easy way to crack one of these things.' And as I was talking I picked up this hammer and I held the coconut just like this with the eyes in the palm of my hand, just like this, and I started tapping it with the hammer."

"And whadaya know. After a couple of taps, a piece of it just flew off, just like that."

A two-inch section of the fruit cracked off near the top and soared across the table in front of Carcione, landing about 20 feet away, well into the second aisle of chairs in the auditorium at St. John the Baptist School Auditorium. The approximately 70 members of the school's parent-teacher group who had come to hear Carcione speak were delighted.

"Believe it or not my old grandmother used to say that you learn something new everyday. And see, now we finally found out how to crack a coconut by accident and get to that delicious milk inside."

As guest speaker at the school's parent-teacher group meeting, Carcione's passion for produce was displayed in his familiar garrulous, energetic style. Pacing back and forth across the front of the room he waived his hands in the air as he described the nutritional wonders of parsley.

"Most people just throw away the parsley that comes on their plates, but I say to you, parsley is a powerhouse of vitamins. For every 3½ ounces it has 172 milligrams of vitamin C, 8,500 units of vitamin A, 727 milligrams of potassium, 6 grams of iron, and I think maybe 3 grams of protein."

"Me, I use it to make pesto sauce, I use it instead of the sweet basil. I make a bowl of that and my grandchildren come over and they love it."

He lifted a red bell pepper with both hands and delicately raised it to his lips as he told the audience that a red bell pepper contains 4,200 units of vitamin A, ten times more than its vitamin-poor green relation.

Carcione had been invited by the parent-teacher group to talk about nutrition and he attacked his topic with the evangelism of an Italian Ralph Nader of fruits and vegetables.

In his North Beach accent he talked about vitamin C, and said that the meager amount recommended by the Food and Drug Administration is "barely enough to keep you from getting scurvy."

"I take about 1,500 milligrams a day," he said. "When I'm getting a cold I take 7,000 or 8,000 milligrams. I take supplements and I get lots of it everyday from fruits and vegetables. People gotta eat a lot of vitamin C. Human beings and Guinea pigs are the only animals who don't produce it in their bodies."

He talked about the body's need for folic acid, a member of the vitamin B group that wards off anemia. Folic acid, he said, is found in most leafy vegetables. And he talked about why Americans need more roughage in their diets.

"In the U.S. and modern cities everywhere people eat so much refined food and that they're getting cancer of the colon. In rural Africa there are very few cases. They've made studies and in rural Africa they eat their lettuce, their yams, their potatoes, their grains — no refined food."

"Did you know that it takes two to seven days for most people in modern cities to pass food through their bodies? That's bad; it's not healthy. In rural Africa it only takes 18 hours. That's why I say look, if you're going to the drug store to buy laxatives, don't. Go to the produce department instead and buy fruits and vegetables. It'll solve your problem."

A small, fit-looking man dressed in slacks and a knit shirt, Carcione used himself as an example of the health-producing effects of a life-long diet of fruit and vegetables. Though he looks somewhat younger, he said he will soon be 66. He attributed some of his youthfulness to advice from his Sicilian grandmother.

Shifting into a few sentences of Italian to more realistically describe the way in which she told him to eat fresh fruit and vegetables, he said she especially admonished him to always drink the water in which vegetables are cooked. Her advice was supported, he said, by a man he met during a public appearance at a grocery store.

"There was this old man standing there. He looked very fit and trim. I thought he might be 70 years old. He was Italian, I could tell, so I said 'Hey, piasano, how old are you?'"

"He said he was 90 and I asked him how he stayed in such good shape. You know what he said? He said, 'I don't drink, I exercise and every night I drink a glass of water from cooked vegetables.'"

Besides information about the vitamin and mineral content of fruit and vegetables, Carcione, who was for many years in the wholesale business in San Francisco, gave the audience consumer tips on how to pick produce.

He warned audience members against the pitfalls of processed produce such as pre-shredded fresh cabbage that some stores sell in plastic bags in their produce departments.

"Stores are trying to play up to working couples," he said. "They're trying to sell produce in convenience packages. Don't buy it. Don't let them do it. It's too expensive and they ruin the freshness."

Carcione also said that fruit should be ripe when it is eaten since immature fruit is not as nutritious as ripe fruit, nor as flavorful. When consumers go to stores where all the fruit is green, or when they take home oranges or apples that have no taste, they should complain to the store's manager, he said.

"There's nothing in the world like fresh fruit that is ripe and ready. But if it's green, it's not worth 5 cents."

Someone's in the kitchen with lots of yummy ideas



In the kitchen, Deborah Ellis shows how to devein shrimp

Behind the scenes at a new cooking school

By ROBERTA ALEXANDER

ALBANY — Deborah Ellis believes in participatory cooking.

Ellis, who runs the newly-formed Deborah Ellis Cooking School out of her Albany home, thinks hands-on learning is the best kind.

"You really know what 'smooth and satiny' means when you've got your hands in the dough," she said.

Ellis, 30, is a former philosophy major turned kitchen pro.

"My mother is a good cook and my father is a plain eater," Ellis said, explaining a childhood of meat-and-potatoes-and-salad meals.



Deborah Ellis

She keeps her classes small — no more than six — and plans them so that students will learn enough to make a whole meal.

Right now she's giving a two-session class called "Cater your own party," which includes hot and cold hors d'oeuvres, punches and items that can be cooked ahead.

The first session covered such goodies as hot madrilene, braunschweiger strawberries and soy sauce meatballs, and week two will include anise toast, scotch eggs and punches.

Next on the agenda is "Fear of baking," a two-session class that will cover bread-baking techniques, beginning Nov. 15.

After the holidays, Ellis plans a one-session class on "Meet your microwave" — "I'll show how to make a soup, a casserole and two desserts" — and then a four-session class on international cooking, with one week each on French, Italian, Chinese and Middle Eastern cooking.

"The microwave does great vegetables," according to Ellis, because it requires practically no water and everything keeps its color. "The class is for people who might have gotten a microwave oven for Christmas."

"What's really dangerous about the microwave is that I can make fabulous brownies in 20 minutes," she said. Both Ellis and her husband Andy, who works for San Francisco radio station KCBS, watch their weight and limit their sweets.

She hopes to offer a "Kids in the kitchen" class next summer, for children nine and older.

"We'll fix a meal and they'll take the recipe home and can do it there," she said.

"Next fall I'd like to do 'Our friend the pumpkin,'" she said. That's a class that includes pumpkin soup, casserole and cookies.

The Ellises moved to Albany two years ago, and the family cook is a woman who's got her priorities straight.

"I fell in love with the kitchen," she said.

It is a large airy room with two floor-to-ceiling windows. Outside is the garden, where Ellis said she has grown asparagus, zucchini and "almost 100 pounds of potatoes."

On her own time, Ellis cooks a lot of chicken dishes and vegetables.

"I hate salad," she admitted. "It's a lot of work to make one correctly. You have to wash all the lettuce and you have to tear it — not cut it — into bite-sized pieces."

"It offends me to go to a restaurant and get a salad where the pieces are so big they flop onto my chin," she said.

She likes to entertain and usually has a Christmas potluck with 100 guests. Recently she gave a party for 40, where people came as they had been in 1968.

"The women loved wearing mini-skirts again," she said, "and I cooked like I did then. It's the first time I've served dips and chips in many years."

Ellis makes her own yogurt and often adds her home-grown strawberries or raspberries to it for frozen desserts.

Her favorite cookbook is *Modern French Culinary Art*, by Henri-Paul Pellaprat.

"I've cooked over 100 dishes from it and not one has been anything less than perfection," she said.

She's got strong feelings about popular American cookbooks.

"I think Julia Child is dreadful. She makes simple things hard," Ellis said. "And I don't like the layout of the *Joy of Cooking*. I like recipes where all the ingredients are listed first. You can make your shopping list from it."

"Don't give *Joy of Cooking* to a bride," she urged.

"You're better off giving five *Sunset* cookbooks." She occasionally does some telecommunications consulting work, but doesn't want to do more of it, or, for that matter, to teach cooking full-time.

"I don't want this to take over my life," she said. "Basically I'm happy as a housewife."

For more information on classes at the Deborah Ellis Cooking School, call 527-4793.

Hot Madrilene

- ¼ cup butter
- 1 medium onion, chopped
- 1 large can tomato juice
- 4 beef bouillon cubes
- 3 cups water
- bay leaf

—Melt butter in a large saucepan.
—Add onion and cook until transparent.
—Add tomato juice, bouillon cubes, and water.
Stir until bouillon cubes are dissolved.
—Add bay leaf and cover.
—Simmer five minutes.
—Serve.

For parties, this can be made ahead and refrigerated. Keep in crockpot for party to keep warm.

times journal photos
by trent saviers

Pot luck with Olga

There are some flavors that somehow mix. Mint goes with hot days. Lentil and olives are especially good in cold weather. When I'm tired of holiday foods and fuss and wish for a dish that has a hearty flavor.

A request from a reader reminds me of a favorite I seem to take time to make only in the winter. Why, I wonder? Maybe because of their sharp flavor, they crunch like fall leaves.

Louise L. writes:
I have just made Great Great Grandma's Milk Cake. It reminds me of the snacks my mother made for me. She often used almond instead of vanilla. My Aunt Helen used to make thin gingerbread flavored wafers at Thanksgiving. She always brought brightly colored tin canisters to give to all the relatives when she came over. It seemed that tin box never emptied, and many cookies we ate. They were so spicy as to be as thin as tissue. Do you know the cookies?

Dear Louise:
Thank you for your kind words. It's so nice to know that you are reading and enjoying the "Pot Luck."

I do indeed know that cookie. I've been in gift tins for years, too! They are so simple and elegant and their spicy crispness goes very well with cider or lemon-flavored tea. My dear friend told me this recipe when I was young and I've passed it on to my daughters. (They give them away in tins, too.) They are part of a great cookie-in-a-tin tradition. Ida's version.

Ida's Swedish Cookies

Cream a scant half cup (½ c. maybe) of butter. Add 1 egg, ½ c. molasses, and 1 c. sugar. In another bowl, blend 3 c. flour and 1 t. each of ginger, cinnamon, and ground cloves. Creamed mixture and chill.

Roll out on a pastry cloth — it's really better to get them tissue thin — and cut with interesting cutters. My favorite shape is a small star. I have many collections of fancy cutters that are deer, turkeys, animals, trees, flowers, makes 200 cookies!

Bake 8 minutes at 400°F and loosen from greased cookie sheet while they are hot. Crisp and fragile when cold.

A mighty power

It has been estimated that children see 240 food ads each week on TV. By the time they probably will have seen 175,000 food ads.

Researchers have determined that 90 percent of those food ads promote stuff that is, in fact, it's negatively related — no kidding. What we're actually doing is training our kids to use stuff that we know has no value and well-being. How do you fight that?

Olga Billones Blier, an Albany resident, teaches culinary art at Contra Costa College and summer home economics department of El Cerrito. She holds a degree in art, home economics, UC-Berkeley and an MA in education from the University of California.

Anyone with hints for this column or queries, Olga Blier, care of the Times Journal, 1247 S. 94706.



The Green Grocer, Joe Carcione, talking about nutrition

Churches

THOUSAND OAKS

Epworth United Methodist Church

The Rev. David F. Storppe will preach at the worship service on Sunday, Nov. 9, at 10 a.m. There will be a special time for the children before they leave for the creative expression class. Child care is available for the entire morning.

Coffee time follows the worship service. Youth-adult classes begin at 11:15.

The youth meet again at 6:30 p.m. at the church. Andy Cayot and Bob Dunbar are the youth counselors. Young children are invited to children's choir practices Thursday evenings at 7:30. The church choir also practices at 7:30 on Thursday. All adults who enjoy singing church chorale music are invited to come.

The church is located in Thousand Oaks at 1953 Hopkins St. Phone: 524-2921.

Thousand Oaks Baptist Church

The "church at study" begins at 9:45 a.m. with classes for all ages from nursery through adult.

The "church at worship" begins at 11 a.m. with the pastor, the Rev. Eugene E. Paden, bringing the morning message. "What do you do with bad memories, hurts, and disappointments?" The Scripture reading will be from Romans 8:31-39.

On Wednesday, Nov. 12, a family fellowship potluck dinner will be held at the church at 6:30 p.m. followed by Bible study for adults led by the pastor. Bible study for youth will be led by James Hopkins, minister, with junior and senior high youth.

Northbrae Community Church

Sunday, Nov. 9: Church council meets at 9:45 a.m.; junior and primary choirs rehearse at 10:30; worship at 11 a.m.; church school at 11:20 and coffee time at 12 noon.

The Wednesday community dinner program will feature Ray Franchi's slides on "Waterways of the world."

ALBANY

Albany United Methodist Church

On Sunday, Nov. 9, services will be held at 11 a.m. The Rev. Dr. Peter Ahn's sermon topic will be "My remembrance lives," based on Jer 19, verses 23 to 27. Worship leader will be Connie Blitz.

The Bible study group will meet at 11 a.m. Tuesday. Wednesday the quilters will meet from 9:30 to 3 and the prayer group from 12:30 to 3.

The toddlers' play group meets Tuesday and Thursday from 9:40 to 11. Choir rehearsal will be Thursday at 7 p.m.

The annual bazaar sponsored by the United Methodist Women will be held Saturday, Nov. 15, from 10 to 3. Luncheon will be served from 11:30 to 1. No reservations necessary. Child care is provided every Sunday.

The church is located at 980 Stannage Ave., Albany.

First Baptist Church of Albany

At the 11 a.m. worship service on Sunday, Dr. John Skoglund, interim minister, will speak on "In Search of Stability." At 9:30, church school classes for all ages will meet.

The quarterly business meeting of the church will be held on Sunday evening. At 5:30 the congregation will gather for a potluck supper. Dr. Skoglund will present reports of "China as I saw it 33 years ago."

Tuesday evening at 7 p.m., the board and committees will meet.

St. Alban's Episcopal Church

This morning at 11:30 the Rev. Warren Debenham will celebrate Holy Communion.

John Mangels, youth director will be the guest cantor at both services on Nov. 9. He also will be the organist of Holy Communion, assisted by Nabil Jacob, reader. The senior choir, directed by Rita Dows, organist and choirmaster, will sing the offertory anthem. There will be Earl Rogers and John Bowie. There will be coffee hour after the 10 a.m. service.

The church is at 1501 Washington Ave., Albany.

KENSINGTON

Arlington Community Church

The Rev. Kenneth H. Barnes sermon on Nov. 9, will be "Do you want to be healed?" from the Scripture John 4:46-54.

During the worship at 10 a.m., there will be nursery for infants and toddlers, and Sunday school classes for children.

Largist will be Dick Minard. Music will be by the Oscar Burdick, organist, and Marguerite Rule, director, with the full sanctuary choir.

There will be two adult classes at 11:15 a.m.: Gladys from Parental Stress Services will talk about child abuse. Ken Barnes will lead a discussion on the morning Scripture passages, in his study.

On Wednesday, Nov. 5, there will be a potluck supper followed by informal worship at 6:45 in the living room.

The church is located at 52 Arlington Ave., Kensington. Phone: 526-9146.

First Unitarian Church of Berkeley

On Sunday, Nov. 9, the family fireside service will be at 9:30 a.m. At 10, the forum will feature Walter from an electronics engineer involved in television nuclear power, who will discuss new energy strategies. The Sunday seminar will be led by Theodore Rose.

The 11 a.m. worship theme will be "Breaking an egg and an omelette" with Thomas Barber.

EL CERRITO

Hillside Community Church

The church will offer a class on "Experiments in

Christian prayer and meditation" led by acting pastor David Borglum, from Sunday Nov. 9 through Dec. 14 at 9:30 a.m. Interested persons are encouraged to drop in for the class. For more information, call the church (located at 1422 Navellier, El Cerrito) at 848-1338 weekdays 9-5.

Northminster Presbyterian Church

The church holds its Sunday worship service at 10:30 a.m. Sunday school begins at 10:45; children are encouraged to attend the first part of the service with their parents. Child care is provided.

On Saturday, Nov. 8, the senior high youth group will meet at the church for pizza at 5 and then go on to Skatworld for an evening of roller skating. This event will be repeated on Sunday, Nov. 9, for the junior high youth group.

Sunday, Nov. 9, Carol Johnston will provide special music.

The church is located at 545 Ashbury Ave., El Cerrito.

EAST BAY

Church Women United

"World Community Day" is one of the three annual days of celebration observed nationally by Church Women United. The Berkeley-Albany unit will celebrate that day on Friday, Nov. 7, at McGee Avenue Baptist Church starting with a potluck dinner at 6 p.m. followed by a program at 7:30. The theme is: "The spirit of the Lord gives power" and will be dedicated to the late Julia Whitehead, one of the unit's active members who died in June. Leaders are Dorothy Henderson and Mozelle Young. Gift certificates will be received and all women are invited.

North Congregational Church

"Our Old Testament heritage" is the theme for the adult study seminar that meets on Sunday mornings at 9:30 a.m. This week the group will study the book of Joshua.

Regular Sunday worship service is held at 11 a.m. There will be solos by Susy Morris and Maxwell Jarman, an internationally known baritone bass from New Zealand. The Rev. Robert Graham will speak on "Life is a boomerang" and will be assisted in the morning service by Steven Stanton, the church's new student minister for youth work who is leading a special Friday evening group for single young adults either in or beyond college-age years.

Visitors and newcomers to the community are always welcome and are assured a warm welcome. The church is located at the corner of Walnut and Cedars Streets in north Berkeley.



Dr. John and Laura Mullen

Local couple exchange vows

Laura Suzanne Dixon and Dr. John A. Mullen gave their wedding vows at All Souls Parish in Berkeley on Oct. 4, 1980. The Reverend William Power Clancy, Jr., officiated.

Daughter of Mr. and Mrs. Elmond L. Dixon, Jr. of El Cerrito, Laura is a graduate of John F. Kennedy High School, and for many years, was active in the West Contra Costa Camp Fire Girls. She holds a bachelor's degree from UC-Berkeley, and is a life member of both the Gamma Phi Beta Sorority and the University of California Alumni Association. She has been employed as Media Buyer for Ayer/Pritikin and Gibbons Advertising Firm in San Francisco.

Mr. and Mrs. Alvin Mullen of Bloomer, Wisconsin, are parents of the bridegroom. Dr. Mullen received his degree from the University of Missouri school of

veterinary medicine, and he has been associated with the Richmond Veterinary Hospital.

Claudia Boynton of New York city, was maid of honor. Laura's sister-in-law, Carol Dixon of Castro Valley, was a bridesmaid.

Bestman was Dr. Gregg Meyer of Pleasanton, and groomsmen were Mr. Don Mullen of Bloomer, Wisconsin, brother of the bridegroom. Ushers were Mr. Richard Dixon of Castro Valley, brother of the bride, and Mr. Michael Sirna of Oakland.

Libraries post hours

The Albany Library is open Tuesday and Wednesday from 2 to 9 p.m. and on Thursday and Saturday from 10 a.m. to 5 p.m. It is closed Fridays and Sundays.

For information call 526-3720.

The El Cerrito Library, a branch of the Contra Costa library system, is open Monday, Tuesday and Wednesday from noon to 9 p.m., Thursday from 10 a.m. to 6 p.m., Thursday from 10 a.m. to 9

p.m. and Friday and Saturday from 10 a.m. to 6 p.m. It is closed on Sunday.

For information call 526-7512.

The Kensington Library, also part of the Contra Costa library system, is open Monday, Tuesday and Thursday from noon to 9 p.m. and Wednesday, Friday and Saturday from 10 a.m. to 6 p.m. It is closed Sundays.

For information call 524-3043.



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MAXWELL HOUSE
2-LB. TIN

\$4.79

FOOD BOWL SUPER SPECIAL

FLOUR

GOLD MEDAL
5-LB. BAG

79¢

FOOD BOWL SUPER SPECIAL

COCA-COLA

32-oz. RETURNABLE BOTTLES (Quart Size)
6 PAK 11-oz. Cans

3 for \$1

\$1.39

FOOD BOWL SUPER SPECIAL

NOODLES

SMACK RAMEN
3-oz. Pkg.

5 for \$1

FOOD BOWL SUPER SPECIAL

TOMATO SAUCE

DEL MONTE
8-oz. Buffet Tin

6 for \$1

FOOD BOWL SUPER SPECIAL

ICE CREAM

CARNATION
HALF GALLON SQUARES
Deluxe Half Gallon Round

\$1.69

\$1.85

LUNCHEON MEAT
Armour Treet 12-oz. Tin

\$1.09

COFFEEMATE
Carnation 16-oz. Jar

\$1.49

CHEER DETERGENT
Giant Size

\$1.75

PORK & BEANS
Van Camp's 31-oz. Tin

65¢

GREEN BEANS
ROSEDALE CUT 16-oz. Tin

3 for \$1

CORN BREAD MIX
CINCH 15-oz. Pkg.

2 for 99¢

VIENNA SAUSAGE
Armour 5-oz. Tin

2 for 89¢

Johnson & Johnson
COTTON SWABS
500 Count

99¢

Brite
For no-wax floors
CLEANS AND SHINES WITHOUT WAX

\$1.79

FOOD BOWL FARM-FRESH PRODUCE

California New Crop Thick Meated

AVOCADOS ea. **29¢**

RED DELICIOUS APPLES Extra Fancy Washington lb. **29¢**

CAULIFLOWER Long Green Heads **69¢**

CUCUMBERS Long Green Heads **69¢**

LETTUCE Large Green Heads Iceberg **39¢**

SPINACH Fresh Thick Bundles **39¢**

SWEET CORN 16-oz. Can **4.89¢**

TOMATOES Vine Ripened Salad Size **3.19¢**

GRAPEFRUIT 16-oz. Can **3.89¢**

PINEAPPLES 16-oz. Can **99¢**

FOOD BOWL MEAT SPECIAL

TURKEYS

ARMOUR STAR FROZEN TOMS or HENS

89¢ LB.

ARMOUR
12-oz. Pkg.
Pkg. Variety

\$1.39

OCEAN FRESH FISH SPECIALS

FILLET OF RED SNAPPER 1 lb. **\$1.79**

FILLET OF BUTTERFISH 1 lb. **\$1.49**

PORK SPARERIBS Country Style 1/2 lb. **\$1.39**

X-RIB ROAST Beef Roast 1/2 lb. **\$2.19**

ARMOUR HOT DOGS Beef or Pork 1/2 lb. **\$1.55**

ARMOUR BACON 12-oz. Pkg. **\$1.59**

FOOD BOWL MEAT SPECIALS

DRUMSTICKS ZACKY FRYERS California Crown Drumsticks or Thighs **\$1.19**

LEAN GROUND BEEF Does Not Exceed 22% Fat **\$1.99**

BEEF CHUCK ROAST BEEF BONELESS **\$1.89**

BEEF BAR-BQ STEAK BONELESS X-RIB **\$2.59**

LOIN PORK CHOPS FRESH PORK CENTER CUT **\$2.09**

BEEF CHUCK STEAK BONELESS Center Cut **\$1.99**

BEEF ROUND STEAK CENTER CUT **\$2.49**

FOOD BOWL MEAT SPECIAL

FRESH FRYERS

ZACKY CALIFORNIA GROWN
WHOLE BODY Grade "A"

65¢ LB.

CUT-UP 79¢ lb.

RUMP ROAST
BEEF ROUND BONELESS

\$1.99 LB.

ROUND STEAK
BEEF-END CUT

\$2.09 LB.

PORK LOIN
Fresh Whole or Half Cut into Chops & Roast

\$1.55 LB.

Holiday skills classes set

MANY—Five mini-classes will be offered in other at Albany Adult Center featuring foods and crafts for the holiday season. For pre-registration information and location of classes, telephone 526-9146.

and Dec. 13. For a \$15 fee students will learn how to prepare two complete menus featuring Duck a L'Orange and Peking Duck. Enrollment in all courses is limited.

The Trinity show will include semi-abstract landscapes based on the artist's native Haifa, and also more recent works describing the mountain sea and land of California. Also included will be interiors and several still lifes.

A graduate of Haifa University, Dubrovsky continued her art studies in Paris.

Trinity Gallery shows are open to the public from 12:30-3:30 p.m. on Sundays, Tuesdays and Thursdays. There is no admission charge. Dubrovsky's show will run through Dec. 18.

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Senior centers

ALBANY

The Albany Senior Center is at 846 Masonic Ave. 644-8500. Hours are Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, noon-4 p.m.

Special Events

Membership Meeting, Thursday, Nov. 6, 12:30 p.m.
Save the Van Mart, Saturday and Sunday, Nov. 15 and 16, 10-4 p.m. Help raise funds for the Senior Van program. If you have useable items to donate to the sale, bring them to the center Nov. 12, 13, 14 (before the sale).

Annual Members Thanksgiving Luncheon, Thursday, Nov. 20 at Hs. Lordship's (the center will be closed until 3 p.m. that day). This event is open only to persons who have been active participants during 1980. Tickets available on first-come basis for those who are eligible.

Fall Classes

Mondays — Prose Writing, 9-noon; Drawing & Painting, 9-noon; Foreign Policy, 3:30-5:30 p.m.

Tuesdays — Planning for Financial Security, 9-10 a.m.; Looking Good — Feeling Great, 9:30-11:30; Newly Widowed, 10-12; Folk & Square Dancing Basics, 1-3 p.m. Fifty cents per lesson.

Wednesdays — World Affairs, 10-noon; Art & Literature of Tai Chi, 1-2:30 p.m.

Fridays — Health & Body Dynamics, 9:15-10:45.

Saturdays — Folk Dancing, 2-4.

Continuing Events

Bingo, Thursday and Saturday, 10:30 a.m.; Bridge, Friday, 12:15 p.m.; Singalong, Thursday, 11:30 a.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Mini-market for seniors only is held Thursdays from 11-11:45 a.m., with special produce buys.

The "Senior Prom" ballroom dance is held in the multi-purpose room at Marin School every Saturday from 8 to 11 p.m. To brush up or learn new steps, come at 7:30 p.m. Donation: \$1.50 (includes refreshments). Live Band — Carmen Owens on the piano-organ. Les Soars on drums and Harry Walker, saxophone. Myriam Heath and Marietta Ferrier, hostess.

Bus Trips

Nov. 12-13. Gold Country. Cost is \$42.50 per person (\$56.50 single occupancy). Trip includes transportation, accommodations at the National Hotel and visits to Sutter's Fort, Old Town Sacramento, Auburn Museum and Placerville.

Taxi-Van Script

Coupon books for both taxi and accessible van use, for Albany available at the center for residents only are \$4 per book.

Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation is 75 cents for seniors, \$3 for persons under age 60.

Wednesday, Nov. 5, beef stew; Thursday, Nov. 6, roast beef; Friday, Nov. 7, chicken; Monday, Nov. 10, holiday; Tuesday, Nov. 11, chicken; Wednesday, Nov. 12, fish.

EL CERRITO

Christ Lutheran

Mondays, 9 a.m. to 2 p.m. at 780 Ashbury Ave. at Stockton: craft classes in the morning; 50-cent lunch at noon; afternoon program of information, speakers, community singing, sitdown exercises and folk dancing.

Classes in making pressed flower stationery, macramé, jewelry, weaving are taught at the center which is co-sponsored by Richmond Adult Education.

On Nov. 10 there will be a celebration of Sixth Anniversary. Salad bar luncheon at noon. After lunch, debut of Christ Lutheran Senior Center Drama Group. Medical Insurance Advisor Florence Thompson is available from 10 a.m. until noon. Dr. John Hoagland gives free foot screening to members at 12:45.

St. John's Center

St. John's Center is for El Cerrito residents 60 or over. It meets in the Catacombs building, 570 Gladys St., every Tuesday from 9 a.m. to 2 p.m. (phone Tuesdays only: 234-2797, or call center director N. Gans at 529-1111).

The center is part of the Richmond Unified School Adult Education program for seniors, and is run by trained, supervised volunteers.

Craft classes are held from 9 a.m. to noon; ceramics, jewelry, tin and glass, macramé, knitting and crocheting, watercolor painting, weaving, cards and table decorations and nutrition.

There is a guest speaker following the free lunch. Then there is community singing, sitdown exercises and folk dancing until 2 p.m.

Open House

Drop-in Center, 6500 Stockton Ave., behind the library: phone 526-0124. Lunch daily at noon. Programs include:

Monday, popular dance, 10 a.m., guitar workshop, 7 p.m.

Tuesday, fitness with Ed Taaffe, 9:30 and 10:15 a.m. Thursday, fitness with Ed Taaffe, 9:30 to 10:15 a.m., information and referral, Bea Fields, 10 a.m.

Friday, bingo and bowling at 1.

Every first and third Wednesday of the month we will sing with Lisbeth Roessler, the director of the El Cerrito Chorus. Time is 1-2 p.m.

The Tai-Chi class continues through Dec. 17.

Community Center

Mondays, 6 to 9 p.m. at El Cerrito Community Center, 7007 Mooser Lane. Program: first week, business and bingo; second week, cards and games; third week, potluck; fourth week, cards and games. If there is a fifth week, special programs.

For information, 525-6747.

Senior Citizens Club

The Senior Citizens Club meets Thursdays, 5 to 9 p.m. on St. John's Catacombs Hall, Gladys and Lexington Streets.

First Thursday of the month, business meeting and cards; second, bingo; third, birthday observances; fourth, potluck and cards; fifth Thursday, special programs. For further information call 526-7462.

Sakura-Kai Center

Activities for Japanese-speaking senior citizens, first and third Saturdays, 1 p.m. to 3 p.m. behind library, 6510 Stockton Ave.; arts, crafts, exercises, ceramics, "Shigin" (Japanese poetry singing) and social services available. For more information, call William Waki, 525-7086.

KENSINGTON

Kensington Senior Activity Center, 9:30 a.m. to 2:30 p.m. every Thursday at 52 Arlington Ave., offers workshops in crafts, table games and bridge to senior citizens with special programs at 1 a.m.

The first Thursday of the month is a potluck lunch (\$1.50). For the rest of the month, bring a bag lunch. Coffee and dessert are available for 35 cents.

Opera tickets are available to see Don Pasquale on Friday, Nov. 28 at 1 p.m. Tickets are only \$4 each.

Caring Circle

Art and literature group meets each Thursday from 9:30 a.m. until noon in the Fireside Room of the First Unitarian Church, 1 Lawson Road, Kensington. On the second and fourth Tuesday of each month there is a noon luncheon with the Caring Circle. For information call Barbara Smith, 527-5381, or Judy Fabry, 526-5626.

BHS class reunion set

The Berkeley High School class of 1970 will have its 10-year reunion on Nov. 29, BHS Class of 1970, care of at 7 p.m., at the Claremont N. Parker, P.O. Box 5303, Berkeley, CA, 94705, or calling Lavita Oliver at 849-2654.

The price of the event is \$20 per person.



NEW SCHOOL — Monsignor Michael J. O'Brien, principal of St. Joseph's School of the Deaf, talked about the school at a recent meeting of Albany Soroptomists.

Also pictured are program chair Rita Smith, left, and club president Julia White.

Science notebook

Seaweed farms

By BOB ENGLISH

UC-Santa Barbara News Service

One of the earth's most productive plants — the giant California kelp — is being farmed off the coast of Santa Barbara for conversion into methane gas for household and industrial fuel.

Michael Neushul, professor of marine botany at the University of California, Santa Barbara, and his co-workers are expanding a program that was started at UCSB. It is now conducted both on and off campus under contract from the federal Department of Energy and the Gas Research Institute of Chicago, a funding unit comprised of most of the nation's gas companies.

The program's goal is the production of 10 to 15 tons (dry weight) of kelp per acre on a nearby 13-acre mariculture site leased from state agencies.

Methane, the main component of natural gas, already is being produced from the giant kelp grown at the UCSB site by the Institute of Gas Technology of Chicago, a research unit. Estimates made by the California Energy Commission show that an acre of kelp could produce as much as 260,000 cubic feet of methane a year if it could be grown in quantity.

Neushul said that as a source of fuel, seaweeds have a certain advantage over land crops.

"They do not occupy land that otherwise would be used to produce food, thus

increasing the cost of food, and, of course, they do not require irrigation. In addition, some species grow at a phenomenal rate. The giant California kelp increases in wet weight at almost five percent per day."

Though irrigation water is obviously not required in kelp farming, plant nutrients are, and the cost of this fertilizer is a major factor in determining if the seaweed-for-fuel concept is economically feasible, he said.

The use of energy to harvest, transport and transform kelp to gas also is being considered. Neushul, a member of the Energy from Biological Processes Advisory Panel to the U.S. Congress, commented that "the federal government lacks the information necessary to make decisions on the feasibility of such mariculture projects, and we hope to come up with some basic numbers."

So far the UCSB scientist and his co-workers have been successful at growing

help "seedlings" in houses onshore. The seedlings from sea eight inches long are planted out in the water. Young plants are attached to ropes connected to merged buoys that are raised and lowered as necessary.

Boats and divers are essential for this type of shore farming. The shore farm is designed to serve as a "nursery" test area to support off-shore farms. A complementary shore project, also the sponsorship of DOE, the Gas Research Institute of Chicago, is being carried out by Professor Wheeler CalTech. It involves growth of kelp plants in deep water. Nutrients are pumped to the growth near the surface. Floating structures and several miles off shore. Some of the plants in the CalTech program have been grown from seed produced at UCSB.

Class set on sexuality

BERKELEY — The Family Planning Forum will sponsor a workshop on Saturday, Nov. 15, for mothers and daughters to discuss sexual issues.

Maida Cohen, one of the organizers of the workshop, said that the purpose of the workshop will be to open

communication between mothers and daughters about human sexuality and womanhood and health. Mothers and daughters who want to participate in the workshop must register by Nov. 6 and pay a fee. For more information, call 526-7850.

Save

Ground
FOLGER
COFFEE
4.89

Save

Kraft
MIRACLE
WHIP
1.29

Save

Delta
JUMBO
TOWELS
47¢

Save

Plus Deposit
7-UP
SODA
1.00

Save

COCA-COLA
FRESCA
SPRITE
or TAB
1.35

PASTEL NAPKINS DELTA..... 120's PKG. 59¢

INSTANT COFFEE FOLGERS..... 10 OZ. JAR 4.29

LIQUID DETERGENT JOY..... 32 OZ. BOT. 1.59

COOKIES PAGASA MARIA'S 4 5/8 OZ. PKGS. 99¢

PURINA ASSORTED CAT FOOD..... 3 6 OZ. 99¢

BRITE NO WAX FLOOR CLEANER..... 16 OZ. BOT. 1.79

FAVOR FURNITURE POLISH..... 12 OZ. CAN 1.39

BETTY CROCKER BUTTERMILK PANCAKE..... 4 LB. PKG. 1.69

BETTY CROCKER BLUEBERRY MUFFIN..... 13 1/2 OZ. PKG. 1.09

KELLOGGS RICE KRISPIES..... 13 OZ. PKG. 1.19

JEFFY POPCORN IN PAN..... 5 OZ. PKG. 75¢

Save

Detergent
GIANT
TIDE
1.59

PREMIUM CRACKERS BORDEN INSTANT..... 22 OZ. JAR 1.00

CREMORA CLASSIC WHOLE..... 22 OZ. JAR 1.19

SWEET PICKLES CRYSTAL WHITE..... 48 OZ. BOT. 1.19

DISHWASHING LIQ...... 16 OZ. BOT. 1.19

NESTLES HOT COCOA MIX..... 17 OZ. 1.19

LIPTON HERBAL TEA BAGS ASSORTED—NO CAFFEINE..... 16 OZ. 1.19

PAM NO STICK PAN SPRAY..... 11 OZ. 1.19

DEL MONTE TOMATO CATSUP..... 14 OZ. 1.19

LAWRY GARLIC SALT..... 14 OZ. 1.19

LAWRY SEASONED SALT..... 14 OZ. 1.19

ORTEGA READY TACO SHELLS..... 14 OZ. 1.19

FARM-FRESH DAIRY SPECIALS

BONNIE HUBBARD NULAD

BUTTER LARGE EGGS

GRADE 'AA' 1b. 1.85 GRADE 'AA' DOZ. 82¢

PARKAY MARGARINE 1b. 65¢

FLEISCHMANN MARGARINE 1b. 85¢

FOREMOST COTTAGE CHEESE 1/2 GALL. 89¢

YOPLAIT NATURAL YOGURT 2 1/2 CUP 89¢

FOOD FARM

EL CERRITO-10700 SAN PABLO AVE.
OAKLAND-E. 14TH ST. & 25TH AVE.

7 DAY SALE

EXCEPT FRESH MEATS AND PRODUCE

STORE HOURS

MON. THRU SAT. 9 AM-9 PM
SUNDAY 10 AM-7 PM

INCLUDING FRESH MEATS

WE WELCOME FOOD STAMP SHOPPERS

WE RESERVE THE RIGHT TO LIMIT

• Del Monte Favorite Foods •

GOLDEN CREAM CORN..... 17 OZ. CAN 41¢

WHOLE KERNEL CORN..... 17 OZ. CAN 41¢

VACUUM CORN..... 17 OZ. CAN 41¢

CUT GREEN BEANS..... 16 OZ. CAN 47¢

FRENCH GREEN BEANS..... 16 OZ. CAN 47¢

WHOLE GREEN BEANS..... 16 OZ. CAN 47¢

GARDEN PEAS..... 17 OZ. CAN 47¢

WHOLE TOMATOES..... 16 OZ. CAN 53¢

STEWED TOMATOES..... 16 OZ. CAN 47¢

TOMATO SAUCE..... 5 8 OZ. CANS 99¢

Treesweet ORANGE JUICE

16 OZ. CAN 1.19

ARMOUR STAR

TURKEY WINGS

YOUNG 3 JOINTS

FROZEN FRESH THAWED

39¢

FRESH ROASTING

CHICKEN & HENS

PETALUMA POULTRY

LARGE SIZE

89¢

BONELESS

X-RIB ROAST

TENDER BEEF CHUCK

2.15

BONELESS

ROUND BEEF ROAST

2.15

FRESH PORK SHOULDER ROAST CUDAHY CORN-FED **LB. 99¢**

For A Fabulous Treat - Serve Food Farm Meats

BEEF RIB STEAK TENDER CENTER CUT..... LB. 2.98

BEEF LONDON BROIL STEAK TENDER BONELESS..... LB. 2.98

BEEF SWISS STEAK TENDER BONELESS..... LB. 2.98

BEEF SIRLOIN TIP ROAST TENDER BONELESS..... LB. 2.49

BEEF CHUCK ROAST LEAN JUICY BLADE CUT..... LB. 1.49

BEEF CHUCK ROAST LEAN JUICY CENTER CUT..... LB. 1.59

COOKED CRAB PACIFIC DUNGENESS FRESH THAWED FROZEN WHOLE **LB. 1.69**

ARMOUR STAR

BACON

SLICED

THICK 2 LB. PKG. 3.49

LB. PKG. 1.79

SMOKIE LINKS ARMOUR STAR..... 12 OZ. PKG. 1.79

PORK SAUSAGE ROLL CUDAHY FROZEN HOT OR MILD..... 12 OZ. PKG. 99¢

PEELED SHRIMPS FROZEN RAW SHRIMPS READY TO COOK **RIESTA DEL MAR..... LB. 3.49**

Large Thin Skin Fuerte

2.89

CALIFORNIA AVOCADO RUSSET

POTATOES U.S. NO. 1 PREMIUM

10.19

FANCY LARGE

TOMATOES GARDEN FRESH, FIRM RIPE

3.99

APPLES

More Produce Favorites

CAULIFLOWER

LETTUCE

SPINACH

GRAPEFRUITS

PEARS

Police beat

EL CERRITO
Arthur Pryor, of the 1200 block of Cabrillo, reported the theft of his car, parked near his home, on Sunday, Oct. 28. He reported that \$3 cash and a flashlight were stolen.
Theodore Zanes, of the 1000 block of Barrett, reported a burglary at his residence on Tuesday, Oct. 28. He reported that \$700 worth of silver serving ware was stolen.
Nagel Thomsen, of the 1000 block of Liberty, reported a burglary in his residence on Sunday, Oct. 28. He reported that jewelry, watches and a radio were stolen for a total loss of \$1,000.
Michael Warren, of the 1000 block of Lexington, reported the theft of cash and a radio at his residence on Sunday, Oct. 28.

Science films scheduled

The November schedule of science films to be shown at the Lawrence Hall of Science has been announced:
"The Boy Who Sailed the Ocean in a Barrel," a 1937 silent film of Rudyard Kipling's tale, will be shown at 11 a.m. and 2:30 p.m.
"The First Signs of War," a film about a chimpanzee who uses sign language, will be shown at 11 a.m., 1 p.m. and 3 p.m.
"The First Signs of War," a film about a chimpanzee who uses sign language, will be shown at 11 a.m., 1 p.m. and 3 p.m.
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Art Center holds sale

An art sale, auction, entertainment, white elephant, a children's crafts shop and ethnic foods will be sold at the Annual Studio I Sale, Saturday, Nov. 8, 11 a.m. to 3 p.m., at the Oakland Cultural Center (NOCAC), 365 45th St., Oakland. The sale will come together for the afternoon of fun and games for the entire family.

The Annual Studio I Sale, a fundraising event which will be held nearly every year, includes artworks by both students and professional artists. This year, besides the pottery sale to the public can purchase photographs, drawings, jewelry, plants, and flower arrangements. The sale will also be a special place for artworks done by children artists.

Gymnastics classes set

Albany YMCA is offering an after-school gymnastics program for boys and girls. The program is still some opening in the beginning of the year which meet 3:30 to 4:30 p.m. Tuesday and Thursday at the Albany Y. Cost for beginning gymnastics is \$18 for 10 weeks or \$32 for eight weeks.

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Equipment talks given

National Equipment Association will sponsor seminars for outdoors clinics in the area on skiing. On Thursday, Nov. 6, the seminar will be about selecting country ski equipment. On Thursday, Nov. 13, the seminar will be about selecting alpine ski equipment. On Thursday, Nov. 20, the seminar will be about selecting ski touring in the Nevada area. For more information call 438-1338 San Francisco.

Brian Handis, of the 2000 block of Tamarpais, reported the theft of 23 pigeons at his residence on Tuesday, Oct. 28. The birds were worth \$110.
David Schrieve, of the 400 block of Albermarle, reported a burglary at his residence on Tuesday, Oct. 28. He reported that a television set was stolen.
A man reported an armed robbery at the 10,000 block of San Pablo on Monday, Oct. 27. The man said he was approached by a black male, about 20 years old, who drew a revolver and demanded his wallet. He stole \$1 in cash.
Gary Smith, of the 1200 block of Liberty, reported

that a tape cassette player and two speakers were stolen from his car near his home, on Sunday, Oct. 26.
Norman Fannie, of the 7400 block of Terrace, reported that a floor jack and a battery charger were stolen from his garage on Saturday, Oct. 25.
ALBANY
Employees of Discounts Unlimited, in the 800 block of San Pablo, reported that a juvenile male removed an item from their store and then went into Mary and Joe's Sporting Goods, where he was seen taking clothing. Employees chased him into a nearby backyard where he was apprehended by the police.
Margaret Schmelzer, of the 800 block of Solano, reported that someone cut the rear window of her '64 Dodge convertible on Sunday, Oct. 26, and stole cans

of motor oil and a tire gauge.
Employees at the Radio Shack, the 500 block of San Pablo, reported that a front window was smashed on Tuesday, Oct. 28, and equipment worth \$802 was stolen.
Josefino Pansoy, of 500 block of Pierce St., reported that her auto battery was stolen from the 100 block of Pierce on Tuesday, Oct. 28.
Employees at Robin's Beauty Salon, at the 1100 block of Solano, reported that burglars forced open the front door on Wednesday, Oct. 29, and went through drawers in the shop, apparently taking nothing. They then removed a wood panel from a wall, made a hole, and entered the adjacent store, Easy Living and stole television sets.

Chiu-Liang Tsai, of the 800 block of Riley, reported that she was sleeping when burglars entered through the sliding glass door and stole a tape recorder worth \$25.
Richard Reilly, of the 500 block of San Pablo, reported that a spare tire and jumper cables were stolen from his '75 Ford Ranchero parked in the 100 block of Clay St. He estimated his loss at \$100.
William Copley, of the 600 block of Sa Gabriel, reported that a portable television set and his wallet, were stolen from his residence on Thursday, Oct. 30. He estimated the total loss at \$400.
An employee at the Foto-nat Store at 900 block of San Pablo reported that a black male, about 23 years old, robbed the store of \$36.11. She said he asked for

a job application and then demanded the money.
Dandridge Crump, of the 100 block of Wilson, reported that his '76 Porsche Targa, worth \$14,375 was stolen from a parking lot near his residence in University Village.
Oscar Trevino Jr., 29, of the 1,000 block of San Pablo, as arrested for 12 outstanding traffic warrants on Wednesday, Oct. 29. His bail was set at \$2,000.
KENSINGTON
Francis Alexander, of the 100 block of Arlington Court, reported that a battery was stolen from her car parked in front of her residence on Tuesday, Oct. 28.
Greta Knott, of the 100 block of Ardmore Road, reported that jewelry and cash were stolen from her residence on Tuesday, Oct. 28.

Host families sought

The Youth Exchange Service (Y.E.S.), a non-profit U.S. Government organization is currently seeking American families all over the United States to host international students from South America, Central America, Mexico and Europe, arriving just before Christmas for the 3 to 6 month programs. Also, host family applications are being accepted at this time for August next year for the 1981-82 school year.
These highly qualified students are 15 to 18 years of age, they are carefully screened, covered by medical-accidental insurance, bring their own spending money and allow their hosts a monthly tax deduction. Host families are responsible for a bed and meals. As

goodwill ambassadors from different countries, these deserving youngsters are eager to share their own culture with their host families while gaining first-hand knowledge of our American way of life.
Families wishing to host a foreign student should write to the Youth Exchange Service International Headquarters, Box 4020, San Clemente, California 92672, or phone (714) 492-7907.

Is your club, church or school planning an event?
Tell us
Times Journal
1247 Solano Ave.
Albany 94706

Lower Total Food Bill at Lucky!

A growing family and shrinking dollar may be signs of the times, but Lucky guarantees that our low, everyday discount prices can help keep your food costs down.

Here's Our Guarantee: After you've made your purchases at Lucky Stores, compare with any other supermarket. If the total amount for the same or comparable items is less at the other supermarket, we'll refund you double the difference! Simply bring us your shopping list and your Lucky receipt, along with the name and prices of the supermarket you compared. Your shopping list and the purchases made at Lucky must constitute what could be considered your weekly supermarket needs purchased during your major weekly shopping trip. Minimum order of \$20.00 and 25 different items, excluding free goods and items purchased using retailer-issued coupons. *Excluding Membership Stores.



LOW DISCOUNT PRICES IN EVERY DEPARTMENT EVERY DAY OF THE WEEK!

Beef Chuck Blade Roast 1.18 Boneless Brisket 1.99 Corned Beef 1.99 Beef Rib Roast Large End 2.09 Beef Rib Roast Small End 2.59 Beef Loin Top Sirloin Steaks Boneless 2.99 Beef Loin T-Bone Steaks 2.99 Beef Loin Porterhouse Steaks 3.09 Frying Chicken USDA Grade A, Whole Body 1.59 Frying Chicken USDA Grade A, Cut Up 1.79 Frozen Rex Sole Pacific Coast, Pan Ready 1.58	Beef Round Steak 1.99 Beef Chuck Steaks 1.39 Beef Chuck Cross Rib Roast Boneless 2.19 Bacon Values at Lucky! Lady Lee Sliced Bacon (Thick 2 lb. Pkg. 2.77) 1.39 Sliced Bacon Wilson's Certified 1 lb. pkg. 1.62 Hormel Sliced Bacon Black Label 1 lb. pkg. 1.82 Sliced Bacon Rath Black Hawk 1 lb. pkg. 1.62	Ground Beef 1.28 Beef Rib Steaks 2.79 Beef Chuck 7 Bone Roast 1.48 Sliced Bacon Armour Star Miracle Thick Sliced 2 lb. pkg. 3.37 Sliced Bacon Armour Star Miracle Thin Sliced 1 lb. pkg. 1.69 Sliced Bacon Oscar Mayer Regular or Thick 1 lb. pkg. 1.99 Platter Style Sliced Bacon Natural Smoked Flavoring Added 1 lb. 1.45 Beef Bacon The Real McCoy 12 oz. pkg. 1.79	Bananas 2.23 Golden Delicious Apples 3.33 Brussels Sprouts Low in calories, rich in vitamin C, Garden fresh 1 lb. 2.29 Yellow Onions U.S. No. 1, all purpose, Great for seasoning 1 lb. 1.18	Florida Grapefruit 3.33 Broccoli 5.55 Baking Squash Select from Banana or Hubbard 1 lb. 1.10 Persimmons Large size Hachiya variety a delicacy of the Orient 1 lb. 2.29
Bread/Cereal/Flour Premium Donuts 1.49 Pillsbury Best Flour 1 lb. .89 Pillsbury Plus Cake Mixes Chocolate Mint, Devil's Food, or Yellow 18.5 oz. .85 Pillsbury Frosting Supreme Ready to Spread-Chocolate Fudge, Cream Cheese, Lemon, Milk Chocolate or Vanilla 16.5 oz. 1.33 Buttermilk Pancake Mix Betty Crocker-Complete 32 oz. 1.03 Harvest Day Deluxe Bread White or Wheat Round Top, White or Wheat Sandwich 24 oz. .67 Lady Lee Flour All Purpose 5 lb. .85 Lady Lee Sugar Dark or Light Brown, or Powdered 16 oz. .61 Crushed Wheat Bread Harvest Day Round Top or Sandwich 24 oz. .71 Coffee/Tea Folger's Coffee Crystals Instant 10 oz. 4.44 Folger's Coffee Instant 6 oz. 3.35 Folger's Coffee Instant 2 oz. 1.35 Folger's Coffee All Grinds 1 lb. 2.92 Folger's Coffee All Grinds 2 lb. 5.25 Folger's Coffee All Grinds 3 lb. 7.84 Folger's Flaked Coffee 13 oz. 2.55 High Point Coffee Decaffeinated-Instant 4 oz. 2.75	Frozen Foods Toast Toppers Green Giant-Frozen-Chicken Ala King, Sliced Beef & Gravy or Sliced Turkey & Gravy 5 oz. .76 Pound Cake Sara Lee-Frozen 16 oz. 2.14 Apple Pie Mrs. Apple Pie 26 oz. 1.33 Pear-Apple Cider Tree Top-Frozen Concentrate 16 oz. 1.09 Carnation Taters Frozen-Potatoes 2 lb. 1.28 Golden Fries Ore-Ida Potatoes Frozen-Shredded Hash Brown Potatoes 24 oz. .92 White Bread Dough Bridgford-Frozen, 5/1 lb. Loaves 80 oz. 1.85 Honey Wheat Bread Dough Bridgford-Frozen, 2/1 lb. Loaves 32 oz. .94 Buttermilk Biscuits Bridgford-Frozen 12 oz. .84 Weight Watchers Meals Frozen Sliced Turkey Breast Dinner 16 oz. 2.47 Chicken Luncheon 9.5 oz. 1.89 Lasagna Luncheon 13 oz. 1.77 Veal Parmigiana Luncheon 9.5 oz. 1.77 Fish Fillets Mrs. Paul's Family Pack Frozen 7.5 oz. 1.75 Seneca Grape Juice Grape Brand-Frozen Concentrate 16 oz. .94 Buttermilk Waffles Eggo-Frozen 11 oz. .85 Totino's Party Pizza Frozen-Canadian Style Bacon 12 oz. Cheese 11.75 oz. Pepperoni 12 oz. Sausage 12.5 oz. pkg. 1.44 Gorton's Fish Frozen-Crunchy Fillets or Crunchy Sticks 12 oz. 1.75	Other Items Granny Goose Potato Chips Hawaiian Style 5 oz. 1.03 Luscious Hawaiian 8 oz. 1.43 Evaporated Milk Lady Lee 13 oz. .48 Nestle Iced Tea Mix With Lemon 24 oz. 2.51 Hinode Cal Rose Rice 5 lb. 1.54 Refried Beans Rosarita 30 oz. .89 Heinz 57 Steak Sauce 10 oz. 1.43 Chocolate Covered Cherries Brach's Villa Candy 12 oz. 1.69 Brach's Chocolate Candies Covered Peanuts, Covered Raisins, Peanut Clusters or Malted Milk Balls 16 oz. 2.19 Broken Milk Chocolate Ghirardelli's-Random Weight 1 lb. 2.99 Crisco Oil 24 oz. 1.39 Gourmet Popcorn Orville Redenbacher 30 oz. 1.87 Liquor/Wine Jacare Wine Crystal Blanc or White Rose 1.5 Ltr. 3.49 Straight Bourbon Old Crow-80 Proof 1.75 Ltr. 10.99	Delicatessen Items Planter's Peanuts Dry Roasted-Decanter 24 oz. 3.42 Peanut Products Brilliant Fruit Cake Mix 16 oz. 1.09 Red Glace Cherries 8 oz. 1.25 Green Glace Cherries 8 oz. 1.25 Red Glace Cherries 16 oz. 2.19 Green Pineapple Wedges 8 oz. 1.15 Red Pineapple Wedges 8 oz. 1.15 Natural Pineapple Wedges 8 oz. 1.15 Diced Citron Melon 8 oz. .85 Diced Lemon Peel 8 oz. .85 Diced Orange Peel 8 oz. .85 Florida Citrus Punch Sunny Delight 64 oz. 1.08 Dentyne Gum Regular 8's 2.24 Pet Foods Purina Meow Mix Dry Cat Food 7 lb. 3.99 Purina Tender Vittles Cat Food-Gourmet, Tuna Flavor or Beef Flavor 24 oz. 1.19 Figaro Tuna Cat Food Canned 6 oz. .29 Delicatessen Items Pillsbury Biscuits Buttermilk or Country Style 7.5 oz. .23 State Brand Cheddar Cheese 2 lb. 4.99 Medium 2 lb. 5.39 Sharp 2 lb. 5.59 Pillsbury Biscuits Big Country Buttermilk 6 oz. .37 Dubuque Royal Buffet Hams Canned 1 1/4 lb. 4.29 Canned 3 lb. 7.29 Canned 5 lb. 11.39 Canned 7 lb. 16.39 Picnic 3 lb. 6.43 Ball Park Franks Meat or Beef 1 lb. 1.95 Louis Rich Turkey Meats Smoked Turkey Breast 4 oz. 1.17 Turkey Ham 8 oz. 1.53 Turkey Pastrami 8 oz. 1.53 Turkey Salami 8 oz. 1.09 Turkey Franks 12 oz. .88 Oscar Mayer Meats Meat or Beef Franks 1 lb. 1.99 Meat Bologna 12 oz. 1.65 Beef Bologna 12 oz. 1.71	Laundry/Household Aids Calgonite Detergent For Automatic Dishwashers 50 oz. 1.85 Spray 'n Wash Textile-Trigger 22 oz. 1.55 Tide Detergent 84 oz. 3.19 Textile Wood Plus Furniture Polish 8 oz. 1.03 Pine Power Disinfectant Cleaner Plastic 15 oz. 1.11 Oxydol Detergent 49 oz. 1.93 Clorox Bleach Liquid 64 oz. .67 Purex Detergent Heavy Duty 42 oz. 1.30 Joy Lemon Liquid Detergent 22 oz. 1.35 Purex Liquid Detergent Lime Fresh 22 oz. .79 Kuryl Kate Brass Cleaning Pads 3's .87 Dial Bar Soap Gold Bar 3.5 oz. .34 Health/Beauty Aids Pearl Drops Tooth Polish 3 oz. 1.66 Non-Food Items Eveready Batteries General Purpose-C or D Size 4 Pack 1.27 STP Oil Treatment 15 oz. 1.39 STP Gas Treatment 8 oz. .93

KEY BUYS

Key Buys are exceptional purchases or a manufacturer's temporary promotional allowance... and Lucky passes these savings on to its customers as Key Buys. Look for the Key Buys tags on the shelves... they're the signal for added savings!

Lucky

DISCOUNT SUPERMARKETS

Prices effective Wednesday, November 8th thru Tuesday, November 11, 1980.
COPYRIGHT © 1980 by Lucky Stores, Inc.
All Rights Reserved.
Liquor Items Available in stores with In-Store Liquor Departments ONLY

Oil of Olay 4 Ounce Save 80¢ each \$2.89	No Aspirin Safeway, Extra Strength, 50 Count Save 50¢ each 99¢	Maalox Plus 50 Count Save 41¢ each \$1.28	Formula 44 Vicks Cough Syrup, 9 Ounce Save \$1.30 each \$2.69	Unison Tabs Sleep Aid, 18 Count Save \$1.31 each \$1.98	Duracell Batteries Alkaline, 2 Pack Save 80¢ each \$1.19
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Perk (No Wax)
 Floor Care, 22 Ounce
 Save 40¢ each
\$1.49

**Safeway For
ONE-STOP
SHOPPING**

**COMPARE
OUR PRICES
AND SAVE!**

Pine-Sol
 Liquid Cleaner, 48 Ounce
 Save 60¢ each
\$2.59

**MORE THAN
A FOOD STORE**

White Magic
 Liquid Dish Detergent, 32 oz.
 Save 22¢ each
\$1.39
Vitamin C
 With Rose Hips, Safeway 500 mg., 100 Count
 Save \$1.00 each
\$1.49
Vitamin E
 Safeway, 200 IU., 100 Count
 Save \$1.50 each
\$1.69
Listerine
 32 Ounce
 40¢ OFF LABEL
\$1.88
Baby Magic
 Mennen Lotion, 9 oz.
 Save 84¢ each
\$1.25
Touch of Yogurt
 Shampoo, 16 Ounce
 Save 74¢ each
\$1.35
Kodak Film
 Kodacolor II, Print Film, 135-24 Exposure, Roll
 Save 16¢ each
\$2.19
Safeway Film
 Color Print Film, 135-24 Exposure, Roll
\$1.99
Nice 'n Easy
 The Shampoo in Hair Color
 Each
\$2.29
Schick Super II
 Ultrax Blades, 4 Count
 Save 60¢ each
\$1.15
Small Miracle
 Conditioner, 7 Ounce
 Save 83¢ each
\$1.12
SAFEGWAY COUPON
 With This Coupon D.C.
Color Print Developing \$1 OFF
 Present this coupon when you pick up your Developing and Printing.
 Limit one per coupon, one coupon per family please. Valid in areas listed below. Offer expires November 11, 1980.

SAFEGWAY COUPON
 With this Coupon D.C.
Nice 'n Easy \$2.29
 (Price without Coupon \$3.29)
 Limit one per coupon, one coupon per family please. Valid in areas listed below. Offer expires November 11, 1980.

SAFEGWAY COUPON
 With this Coupon D.C.
Exquisite Fine China \$1 OFF
 by EKO INTERNATIONAL, "A Truly Magnificent Offer"
 Exclusively at Safeway
GRAVY BOAT \$1 OFF (Reg. price, \$10.99)
 Limit one per coupon, one coupon per family please. Valid in areas listed below. Offer expires November 11, 1980.

Liquor, Wine & Beer!!!

Gordon's Vodka 80 Proof, 1.75 Liter Save \$2.20 each \$7.99	Budweiser Beer Can or Bottles, 6-12 Ounce \$1.89
Gallo Table Wines Hearty Burgundy, Pink Chablis, Chablis Blanc, Rhine or Red Rose, 1.5 Liter Save \$2.20 each 2 for \$5	Sebastiani Wine Pinot Noir Blanc, .75 Liter (Eye of the Swan) Save \$1.98 each 2 for \$6

10% CASE DISCOUNT available on all non-advertised Wines and Liquors. No sales in excess of 20 gallons. No sales for resale. At licensed stores only.

In a hurry and just a few items...

9 ITEMS OR LESS

AN EXPRESS CHECKSTAND ALWAYS OPEN AT SAFEWAY

Zee Napkins
 Country Garden, 140 Ct.
 Save 14¢ each
69¢

B.Y.O.B.

Safeway will pay you 3¢ for every barrel bag re-used to sack your Groceries. Double bags count as one.

Pampers Diapers
 Disposable Diapers, Daytime, 30 Ct. or Extra Absorbent, 24 Ct.
 Save 30¢ each
\$2.99

SAFEGWAY

Items and prices in this ad are available November 5, 1980 thru November 11, 1980, at all Safeway Stores in the following counties: *Solano, Napa, Sonoma, Marin, Contra Costa, Alameda, San Francisco, San Mateo, Santa Clara, Monterey and Santa Cruz. *Prices not effective in Vacaville or Fairfield. Sales in retail quantities only.

Safeway Quality & Savings Too with 7-Day Specials

Center Pork Chops

Cut, Pork Loin

\$1.66
lb.

As Advertised
on Radio and
Television

Orange Juice

Minute Maid, Frozen
Concentrate, 6 oz.

Save 12¢ each
47¢

Chunk Tuna

Chicken of the
Sea, 6.5 Ounces

Save 4¢ each
89¢

Dr. Pepper

Regular or Diet, 6-12 oz. Cans

\$1.59

Mayonnaise

Scotch Buy,
Imitation, 32 oz.

99¢

Pillsbury Biscuit

7.5 Ounces

Save 16¢ on 4
4 for 88¢

Yogurt

Lucerne, 8 oz. (32 oz., \$1.15)

Save 11¢ on 3
3 for \$1

Friskies Buffet

Cat Food, 6.5 Ounces

Save 22¢ on 3
3 for 89¢

5-lb. Flour

Mrs. Wright's

Save 18¢ each
75¢

Carnation & Contadina



Car-at-home \$5.00 pay-off!

Refund blanks available at special displays of:

Tomato Paste Contadina, 12 Ounces **63¢**

Tomato Paste Contadina, 6 Ounces **2 for 65¢**

Carnation Hot Cocoa 12 Envelopes **\$1.49**

70 Calorie Hot Cocoa Carnation, 12 Envelopes **\$1.49**

Coffee-Mate Carnation, 16 Ounces **\$1.79**

Red Grapefruit

Florida,
36 Size

4 for \$1

Celery

Fresh, Crisp
Stalks

33¢
ea

Fresh Avocados

California
Grown,
40 Size

39¢
each

Head Lettuce

Iceberg
Variety

3 for \$1

Cucumbers

Favorite
Salad
Ingredient

5 for \$1

Brussels Sprouts

U.S.
No. 1

39¢
lb.

Anjou Pears

Northwest
Grown, 1st of
the Season

49¢
lb.

Delicious Apples

Golden, Northwest
Grown, Extra
Fancy, Cello

3-lb. Bag 89¢

Banana Squash

Delicious
Baked

15¢
lb.

6 Inch Pot Mums

Foil Wrapped,
Check your local
Safeway for our
outstanding quality
of beautiful Fall
Colored Chrysanthemums.

Pork Sirloin Roast

Pork Loin

\$1.38
lb.

Beef Tip Roast

Safeway USDA Choice
Grade Beef Round

\$2.28
lb.

Ground Beef

Regular, Does Not
Exceed 30% Fat

\$1.28
lb.

Pork Spareribs

Frozen
Fresh
Thawed

\$1.29
lb.

Pork Butt Roast

(Butt
Steak,
lb. \$1.48)

\$1.39
lb.

Country Style Spareribs

Pork Loin

\$1.29
lb.

Boneless Crossrib

Roast, Safeway USDA
Choice
Grade
Beef
Chuck

\$2.28
lb.

7-Bone Chuck Roast

Safeway
USDA
Choice
Grade
Beef

\$1.48
lb.

Blade Chuck Steak

Safeway
USDA
Choice
Grade
Beef

\$1.48
lb.

Boneless Chuck Roast

Safeway
USDA
Choice
Grade
Beef

\$1.99
lb.

Smoked Picnic

Hickory

98¢
lb.

Canned Hams

Safeway

\$9.49
5-lb. Tin

Luncheon Meat Specials

Bologna	Safeway, Sliced Meat (Beef, 12 oz., \$1.39)	12-oz. 1	\$1.28
Meat Franks	Safeway	1-lb. 1	\$1.49
Chicken Franks	Manor House	1-lb. 1	99¢
Meat Wieners	Oscar Mayer	1-lb. 1	\$1.99
Variety Pak Lunchmeat	Square or Round, Oscar Mayer (Beef, \$2.39)	12-oz. 1	\$2.15
Meat Bologna	Oscar Mayer, Sliced	12-oz. 1	\$1.89
Beef Bologna	Oscar Mayer, Sliced	12-oz. 1	\$1.75

Skinless Link Sausage Safeway, Pork, Frozen 9-oz. **65¢**

Sliced Bacon Smok-A-Roma, Safeway 1-lb. **\$1.34**

Fryer Parts Drumsticks & Thighs, Frozen 5-lb. bag **\$3.89**

Taco Filling Jimmy Dean 1-lb. **\$1.59**

Smoked Ham Hocks 1-lb. **98¢**

Snow Crab Clusters Frozen Fresh Thawed lb. **\$1.58**

Fillet of Sole Lazios, Frozen Fresh Thawed lb. **\$2.29**

Whole Dungeness Crabs Frozen Fresh Thawed lb. **\$1.59**

Platter Style Bacon Sliced lb. **\$1.69**

Rabbits Frozen lb. **\$1.88**

Saltine Crackers	Busy Baker, 1 Pound	65¢
Ocean Spray Drink	Cranberry Juice, 48 Ounces	\$1.49
Duncan Hines	Cookie Mix, Sugar or Peanut Butter, 15 to 16.5 oz. (Choc. Chip, Double Choc. or Oatmeal Raisin, 17 to 18 oz., \$1.45)	99¢
Mrs. Smith's Pie	Pumpkin Custard, Frozen, 46 oz.	\$2.37
Cup O' Noodles	2.5 Ounces	55¢
Ice Cream	Snow Star, Half Gallon	\$1.39
Large AA Eggs	Lucerne, Dozen (Price Per lb. 58¢)	86¢
Sharp Chunk Cheddar	Cheese, Best Buy, Per lb.	\$2.59
Broccoli Spears	Bel-air, Frozen, 10 Ounces	59¢
Great Escapes Brunches	Frozen, 10.5 Ounces to 11 Ounces	\$2.99

Everything you
want from a
store...and a
little bit more!



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ALBANY 525

NEW ALBANY LISTING!

This fine 6 room, 3 bedroom Spanish stucco home has large modern kitchen, spacious breakfast room, modern bath, large utility room plus extra 1/2 bath, 2 car garage plus work shed. An excellent 50 x 100 lot, with lots of driveway space for additional parking. Read drive at \$129,500 with owner financing, less than market interest rates and down payment. On Talbot near Solano. Better check this now! Mr. Williams.

ON MASONIC AVE
Near 5 room, 2 bedroom stucco plus extra room for den, sewing room, etc. Newly painted in and out. Fine location near Senior Center, north of Solano, Large lot, 2 car garage. Only \$93,000 and owner will finance. Mr. Williams.

COMM'L FOR LEASE
Top El Cerrito location near new shopping centers, city hall. 5000 sq ft of commercial and industrial space. Formerly dairy and drive in. Ideal for retail, wholesale, contractor, many related uses. Total lot size 15,000 sq ft. lot fully paved. \$2000 month. Mr. Blank.

44 PRIME UNITS!
Lovely Lake Merritt view apt. house, 4 stories over concrete garage with all size units, including 2 luxury penthouses. Grosses almost \$200,000. Priced at \$1,800,000. Elevator, locked entry, swimming pool, view balconies. Trade your present property. Mr. Blank.

JEROME BLANK REALTY
526-4215
Eves, 524-7158.



Owner will Finance! Submit your Terms
Where can you find a 4 bed room, 2 bath home for \$125,000. Large living room with fireplace, separate dining room and family room, many plus features. Call for details Bob Flynn, 527-8180.

FOR RENT
2+ bedroom home close to transportation and shopping. Full basement. \$600 month.
COMPASS REALTY
853 RAMONA AVE
527-8180

This is a beautiful, well kept 2 bedroom home with custom drapes and a beautifully landscaped front and back yard. Priced at \$124,500. Ask for agent Paul, Better Homes, 527-9220.

ALBANY 525

ALBANY 525

Spokane McGregor
3 bedrooms, 1 bath, all appliances, excellent Albany area. Estate sale. 232-1684.

Off Solano
Deluxe 3 bedrooms, 1 1/2 baths. Large AEK, big detached garage. Central heat. Owner may carry. Merril, 525-3040.



Solano Albany
524-8508

BERKELEY 530
1220 GARFIELD, ALB. Beautiful 3 bedroom Spanish style McGregor, 1 1/2 baths, formal dining rm, den with central heat. On a lovely corner lot, \$137,500. Eves Mr. Headington, 529-0303.

1512 KAINS, BERK.
STARTER HOME. Immaculate large 1 bedroom, formal dining room, central heat, hardwood floor, \$69,950. Mr. Hays 235-5869.

25 KERR, KENS.
3 bedrooms, 2 baths, level in, this home is neat and clean, lovely kitchen and patio. \$162,000. Eves Mr. Feels, 525-4001.

LOOKING FOR THE UNUSUAL
New 4 bedroom, 3 bath, rumpus room with perfect setup plan, a charming 2 bedroom house to off set expenses, both with street frontage in Albany. Owner will finance. \$225,000. Eves Mr. Davis 525-4834.

LARGE BERKELEY DUPLEX
Owner will carry the loan at an attractive interest rate, both units have completely renovated, 4 bedrooms up, 3 bedrooms down, \$180,000. Eves Mr. Durrin 525-6214.

Headington & Freels
1566 SOLANO
527-6365

UNFURNISHED HOUSES FOR RENT
ALB 2 bedroom, formal dining, carpets, beautiful kitchen, all appliances. Lease, \$650 month. No pets. 525-7171.

WANTED TO RENT
Visiting English couple need 2 bdrm apt Nov-Jan. (approx). 527-4315.

ALBANY 525

ALBANY 525

Chateau Real Estate & Investments

WHAT BEAUTIFUL SUNSET! Moonlight on the Bay. From this exquisite and charming architecturally designed home. Full of character and atmosphere for \$210,000 with a large assumable loan. Eves, call Sally Tilton, 525-2708.

PRIME FIXER-UPPER. This can be your chance to get started in Berkeley. A lot of charm, but an affordable price. \$69,000 as is. Evenings call Carol Chisholm, 527-4988.

SKIING IN TAHOE? We have a selection of choice Tahoe properties. You can —
• Build your own retreat on a downslope Alpine Meadow lot.
• Have your pick of adjacent condos and rent out the other at Kings Beach.
• Ski Incline — 3 bedroom, 1 1/2 bath condo with deck and double car garage.
• Gamble at Southshore and return home to your 3 bedroom cabin.

CALL US NOW
527-2525
851 POMONA, ALBANY

PERSONALS 025

DR. ACKERKNECHT

Is reopening Kensington office. Brief, dynamic therapy and counseling. 524-7929.
All contributing insurances accepted.
TEMPORARY OR PART TIME
WARDROBE Supervisor. East Bay Ballet Theatre. Call 841-8913.

WORK WANTED 075
WILL do housekeeping 3 days week. Prefer Albany area. 526-7152.

DOMESTICS 085
TEENAGER to do light housework, 5 hours week. \$3.10 hr. 524-3913.

GARAGE & STORAGE SPACE 880
GARAGE Space for 1 car. To rent \$25. Pomona near Solano. Max. 524-5624.

HOMES FOR SALE—OPEN HOME GUIDE 520

HOMES FOR SALE—OPEN HOME GUIDE 520

DAVID ROBINSON

Super Berkeley Buy!

Two-for-One!

Great Location!

1 Block from Cedar Rose Park

OWNER RESIDENCE — 2 plus bedrooms, 1 bath, garage, carpet, workshop and office.

INCOME RESIDENCE — 2 bedrooms, 1 bath, attached garage.

PARK-LIKE SETTING —

Owner may carry loan. Price reduced to \$190,000 — Full package.

Call today for your inspection.

After hours call Ed Elliott 524-7190 or Walt Gardner 843-3027.

DAVID N. ROBINSON REALTY

1654 Shattuck Ave., Berkeley 848-4334

1300 Solano Ave. Albany 525-8900

BERKELEY 530 BERKELEY 530

DAVID ROBINSON

PRICE REDUCED — Two-for-one in a nice Berkeley area, we have two houses on one parcel. 1 block from Cedar Rose Park. Super Buy — Price now \$190,000 — Owner may carry, for qualified buyer — Call today for all details. After hours call Ed Elliott 524-7190 or Walt Gardner 843-3027.

DELIGHTFUL

IS A GOOD one-word description of this Kensington Ranch style home. 4 bedrooms, 2 baths, family room, view, level entrance. Call for an appointment today. Must see to appreciate. Price reduced! \$189,500. Eves call Mill Moore, 526-7665.

COUPLES — HERE IT IS! A wonderfully comfortable 2 bedroom Albany home, located near Marin School. A very livable home. First time on market. This is MUST-SEE. Be our guest today. Price \$112,000. Eves, call Max Kelly, 525-7348.

HERE'S AN INVESTMENT worth consideration. Berkeley conversion to 4 units, near campus. Excellent rental, low vacancy factor. 2 studios, two 1-bedroom units each with range and refrigerator. Have a look — See today — Drive by 2319 Ward St. Call us for an inspection of the units. Price \$192,500—After hours call Walt Gardner, 843-3027.

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1300 Solano Ave., Albany 525-8900

BERKELEY 530 BERKELEY 530

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International students tour San Francisco

On Sunday, Oct. 26, the Berkeley-Albany YMCA sponsored a bus tour of San Francisco for 55 University Village international students and their families. Tova Block, resident coordinator at the Village, organized the students and their families, while Mike Ellis, Albany Y Director, Larry Berger, YMCA International Committee Chairman, and Mary Dot

Powers, International Consultant to the Berkeley YMCA, planned and organized the tour.

On the tour the families spent an hour at Fisherman's Wharf. From there they saw views of Golden Gate Bridge from Fort Point and then rode across the Bridge and looked back at the city from the Marin side. They then went to the Legion of Honor and Golden

Gate Park briefly.

For many of the international families it was their first time in San Francisco. Albany Y Director Ellis stated that "this is the first of what the YMCA hopes to be many more programs whose focus will be to create an interchange between University Village families and American families in Albany and Berkeley."

Orchestra plans fete

The Friends of the Berkeley Promenade Orchestra have set Nov. 16, as the date for their "Promenade By the Bay." The event, which begins at 7 p.m., includes an evening of food, entertainment, and an auction — all at the Berkeley Yacht Club.

Auction items will range from single bottles of wine to valuable artwork. Rare oriental antiques, oriental

rugs, a gourmet dinner catered by a San Francisco impresario in her home, an evening of classical music offered by a professional woodwind trio, sailing on the Bay, and a dinner in Chinatown with guidebook author and two visiting scholars from China are just a few of the many items that will be offered. International gourmet food, silent auction, and music by a well-known entertainer are included in the evening. Tickets are \$10. The Berkeley Promenade Orchestra is by Ken Nagano. Tickets are \$10. The Berkeley Promenade Orchestra is by Ken Nagano. Tickets are \$10. The Berkeley Promenade Orchestra is by Ken Nagano.

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85¢

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47¢ VALUE

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PILLSBURY REFRIGERATED CHOC. CHIP, SUGAR



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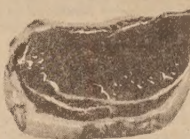
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OH, SO GOOD! DOES NOT EXCEED 30% FAT

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JONES MINUTE BREAKFAST LINKS

REGULAR, WITH BACON, SMOKEY BEEF 8-oz. PKG.

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CALIFORNIA FUERTE LARGE SIZE

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BANANAS 25¢



GOLDEN RIPE

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APPLES

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HOT HOUSE EXTRA LARGE SIZE

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FRESH FLORIDA NEW CROP

5 Ears \$1

PINEAPPLES

HAWAIIAN GROWN LARGE SIZE

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CHEESE SALE!

MONTICO RANDOM WEIGHT

Mild Cheddar, Monterey Jack, Sharp Cheddar, Medium Sharp Swiss

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